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DINNER PARTY
CREATE A DECADENT RIB-ROAST DINNER
{page 28}

HAT IS BACK
STYLES FROM ALL DECADES BECOMING TRENDY AGAIN {page 24}

OTTAWA metro®
Thursday, February 2, 2012
www.metronews.ca
News worth sharing.

CELEBRATE THE JOYS OF WINTER WINTERLUDE BALDE NEIGE
WITH OUR SPECIAL PULL-OUT FEATURE DEVOTED TO WINTERLUDE!

Do It. For Daron

▶ Stephanie Richardson, Luke Richardson and Ottawa Senator Colin Greening pose for a photo at The Royal Ottawa Hospital at the launch of the Power to the Purple Challenge.

CONTRIBUTED

Purple party for mental-health awareness

Do It For Daron and The Royal Ottawa Hospital launched the Power to the Purple Challenge Wednesday, asking students to talk to each other about mental health and to wear purple on Feb. 7. The campaign aims to raise awareness and break down stigmas about mental-health issues. Companies, individuals and community groups are encouraged to start conversations about mental health, host anti-stigma events and wear purple throughout the month of February. DIFD is a charity created by friends and family of Daron Richardson, daughter of former Ottawa Senator Luke Richardson. She killed herself at the age of 14. For more information, go to doitfordaron.com.

Conviction for teen in fatal street racing crash

Friends had been racing down Claridge Drive in Barrhaven before crash ▶ Victim was days away from high school graduation

JOE LOFARO
@METRONEWS.CA

An Ottawa teen was found guilty of dangerous driving causing death on Wednesday following a June 2010 street race in Barrhaven that killed his 18-year-old friend Christian Williams.

Kareem Alli, 19, was racing his Ford Mustang against Williams' Honda CRX when the Honda smashed into a light standard.

Alli's lawyer, Sean May, said he was happy his client was found not guilty of criminal negligence causing death.

"The judge basically found that the period of driving found to be dangerous was very brief," said May. "We'll be gathering more information to try to tell the judge more about our client and his background."

"These cases are very, very sad ones. It's difficult."
DEFENCE LAWYER SEAN MAY

WITH FILES FROM JESSICA SMITH

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WAS ~~$492,990~~ NOW $472,990
Move In May 10, 2012

INCLUDES AIR CONDITIONING & OAK STAIRS!
Double Car Garage Home,
The Harrisbrook Corner, Elev. 'D', 1,672 Sq.Ft.
WAS ~~$370,190~~ NOW $360,190
Move In April 24, 2012

HARDWOOD IN KITCHEN, FAMILY ROOM, DINING ROOM & OAK STAIRS!
Double Car Garage Home,
The Berrywood, Elev. 'A', 1,739 Sq.Ft.
WAS ~~$367,890~~ NOW $357,890
Move In May 3, 2012

HARDWOOD IN KITCHEN, GREAT ROOM, DINING ROOM & BATH OASIS!
Single Car Garage Home,
The Forestlane, Elev. 'A', 2,050 Sq.Ft.
WAS ~~$386,490~~ NOW $376,490
Move In May 10, 2012

INCLUDES BATH OASIS & OAK STAIRS!
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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

Ex-local detained in Bahrain: Fiancée

A former Ottawan was arrested in a Bahrain court Wednesday after he came out of hiding, believing he was about to be acquitted, says his fiancée, Zainab Ahmed.

Naser Al-Raas, a Canadian citizen, travelled to Bahrain to be with his sisters during a government crackdown on Arab Spring protests, says Ahmed.

In October, he was convicted of inciting a riot and hatred of the regime. Facing a five-year jail sentence, he went into hiding. He went to court because a lawyer told him he would be acquitted at a "reconsideration" hearing, says Ahmed.

He brought a letter from his University of Ottawa Heart Institute doctor about his blood condition and the medication he needs, which was supposed to help convince the judges to free him, but it didn't.

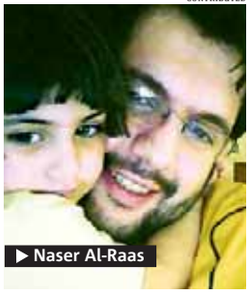
Jail would endanger him as he likely would not have proper medical supervision, wrote Dr. Fraser D. Rubens in the letter, adding Al-Raas could be "at risk of hemorrhage should he suffer any injury."

Ahmed is worried he will be beaten, and says he was tortured after he was first arrested.

It started when he went to a public square and stopped to look at a protest, says Ahmed.

"He took some videos, some pictures. Is that a crime?" she said. "That's what the Bahrain government is punishing people for." JESSICA SMITH

CONTRIBUTED



▶ Naser Al-Raas

Little faith in tuition grants

Hundreds of students rally on Parliament Hill for lower tuition fees Ottawa gathering coincides with rallies in more than 30 communities across Canada

Students want governments to reduce post-secondary tuition fees, and say targeted grants won't cut it.

More than 200 students marched to Parliament Hill on Wednesday in a national day of action organized by the Canadian Federation of Students (CFS).

Adam Gilani, a third-year University of Ottawa student, says he is struggling with $20,000 in debt. He says he is caught in tuition-grant limbo because he isn't receiving the grant money promised by the Ontario Liberals during the election campaign.

"I'm supposed to be eligible — I fulfil all the requirements — but for some reason, which they can't explain to me, the grant program is not disbursing those funds to me," said Gilani, 20. "I'll continue to fight them for that money."

Roxanne Dubois, CFS national deputy chairperson, says the Liberals' targeted tuition-grant program doesn't live up to their election-campaign promise to reduce tuition fees. She urged federal and provincial politicians to take on a national strategy for post-secondary education.

"There are some students who are lucky enough to have access to (the grant), but the reality is that it doesn't improve access as a whole to students in Ontario," said Dubois. JOE LOFARO

JOE LOFARO/METRO

▶ Third-year University of Ottawa student Adam Gilani chants, "Education is a right" at a protest on Parliament Hill on Wednesday.

1 news

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E-shopping firm goes … shopping

ByWard Market's Shopify buys mobile-app company

JESSICA SMITH
METRO OTTAWA

ByWard Market-based tech firm Shopify announced Wednesday it has bought Select Start Studios, bringing its growing headcount to 100 employees.

The firm appears ready to meet high expectations, particularly from Mayor Jim Watson.

Watson lauded the company in his recent state-of-the-city address and has cited Shopify as the type of successful tech company he hopes will boost Ottawa's economy, even as the federal government lays people off.

"It's always wonderful to be part of a solution rather than part of a problem," said Shopify founder Tobias Lütke.

"When we hire people, it's because we think there will be a return investment on this."
TOBIAS LÜTKE

"It's great that we're helping in this way."

By year end, Shopify expects to hire 40 or more people, preferring steady, focused growth over a sudden boom — even though the online-shopping market is so immense the firm could probably maintain a staff of up to 500 by the end of the year, said Lütke.

"Companies have tried this — there's been a history of this in the bubble times — but that turns out to not really work out well.

"It's almost too fast. We're being very deliberate about expansion."

Shopify acquired Select Start Studios because it has experience building mobile apps, said Lütke.

About 15 per cent of online shopping is via smartphones and tablets. Shopify saw a tremendous spike in mobile usage this Christmas, he said.

"We … anticipate that a very large amount of transactions will be done over these devices in the pretty near future," said Lütke.

CONTRIBUTED

▶ Shopify founder Tobias Lütke says smartphone shopping is the way of the future.

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City panel to move fixtures outside pub

Trees, lights and street furniture blocking the sidewalk in front of Pub Italia will be moved because they were built in the wrong place, a city committee has decided.

The bar's seasonal patio was built in 2000, long before the city added trees, light fixtures and street art to the sidewalk during its renovation of Preston Street last year.

The street renovation made the sidewalk too narrow under city bylaws.

The new fixtures were built closer to the patio than the city's plan specified, pub owner Joe Cotroneo told the transportation committee Wednesday.

CONTRIBUTED

▶ Pub Italia's patio.

He said he warned city staff three times the sidewalk was too narrow, with no result.

Then, he said, he got a letter telling him his patio no longer met bylaw regulations.

Somerset councillor Diane Holmes had asked for an exemption to the bylaw, but the city expects new accessibility laws from the provincial government that will prevent allowing exemptions.

Instead, the committee voted to move the fixtures. That will mean significant construction in front of the bar, but it will be worth it, said Cotroneo.

JESSICA SMITH

Nabbed … on his way to daycare

A Kanata man on his way to pick up his son at a daycare was stopped by the cops and charged with impaired driving, the Ontario Provincial Police say.

The OPP highway safety division officers say they stopped the man on March Road when they noticed he was driving erratically.

Kristopher Kelly, 33, has been charged with operating a motor vehicle while having more than the legal limit of alcohol in his blood.

Kelly is to appear in court in Ottawa Feb. 28.

JOE LOFARO

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News in brief

Museum to close for whales

SKULL EXHIBIT. The Canadian Museum of Nature will be closed to the public Feb. 7 to move a real male sperm whale skull and other large exhibit materials through the front entrance to set up Whales Tohorā: The Exhibition.

The exhibit items will be hoisted up to the fourth-floor exhibit space from the museum's first-floor atrium.

The new, international exhibit is on loan from the Museum of New Zealand Te Papa Tongawera and will run in Ottawa from March 2 to Sept. 3.

The museum will remain open as usual until 5 p.m. on Feb. 5 and will reopen at 9 a.m. on Feb. 8. METRO

3 men displaced after home fire

BEDROOM BLAZE. Three men were turned out of their home Wednesday after a bedroom fire damaged their house at 2177 Orient Dr. in Blackburn Hamlet.

Ottawa Fire Services said they received a 911 call at 1:26 p.m. from a resident at the home when the fire broke out. The fire was contained to the bedroom and part of the attic, but heavy smoke and heat caused damage to the second storey, officials said. METRO

City website redesigned

INFO. The City of Ottawa launched a redesigned Ottawa.ca Wednesday in an effort to make getting city information and services easier for residents. METRO

Filmmaker ushering in career of acclaim

One-time usher returns to NAC with Oscar-nominated movie

RYAN REMIORZ/ THE CANADIAN PRESS

From left, Martin Leon, Sophie Nelisse, Philippe Falardeau, Kim McCraw and Luc Dery, from the film Monsieur Lazhar, pose for photos after receiving their nominations for the Genie Awards last month in Montreal. The film received an Oscar nomination for best foreign film.

As a teen, Philippe Falardeau worked as an usher at the National Arts Centre.

Next week, he'll return as an Oscar-nominated film director.

Falardeau's Monsieur Lazhar is scheduled to screen at the NAC on Monday.

Falardeau is set to attend, along with two of the child actors in the film: Sophie Nelisse and Emilien Neron.

Monsieur Lazhar tells the story of an Algerian immigrant who helps a Montreal elementary school class come to terms with the death of their teacher.

It's vying for best foreign-language film at this year's Oscars, which will be handed out Feb. 26.

The NAC says Falardeau worked as an usher between 1985 and 1987.

"All of us at the NAC are absolutely delighted for Philippe Falardeau, and congratulate him on his moving and very powerful film," NAC president and CEO Peter Herrndorf said in a statement. "We'll be cheering for him on Oscar night!"

THE CANADIAN PRESS

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Romney charges ahead

Half of Florida primary voters said most important factor for them was a candidate who could defeat Obama

Mitt Romney clobbered Newt Gingrich by 14 percentage points in Florida's Republican primary vote and moves on to the next state, Nevada, with a fat campaign bankroll and a renewed sense that he is the inevitable challenger to President Barack Obama in November.

Romney spoke as though he was the presumptive nominee Tuesday night, declaring himself ready "to lead this party and our nation."

"Mr. President, you were elected to lead, you chose to follow, and now it's time to get out of the way," he said.

Obama's campaign issued a fundraising appeal Wednesday focused on the millions that Romney and his supporters have poured into negative ads.

THE ASSOCIATED PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS

▶ Republican presidential candidate Mitt Romney celebrates his Florida primary election win in Tampa, Fla.

What. Winter?

▶ Hundreds of cars are stranded on Lake Shore Drive in Chicago on Feb. 2, 2011, top, while traffic moves smoothly on the same stretch of road on Wednesday.

KIICHIRO SATO/THE ASSOCIATED PRESS

A change in the weather

This time last year, Chicago was covered in snow, following a winter blizzard of historic proportions, stranding hundreds of drivers for up to 12 hours overnight on the city's main thoroughfare and giving many city schoolchildren their first-ever snow day.

Aussie bus workers net big bonus

Employees of an Australian bus company have been given a $15-million AU share of the proceeds of the sale of the business as a thank-you for their loyalty, the Herald Sun newspaper reported on Wednesday.

The 1,800 staff at Melbourne-based Grenda Corp. have received bonuses averaging more than $8,300 AU and as much as $30,000 after the Grenda family sold the 66-year-old business for $400 million, the Herald Sun newspaper reported.

Chief executive Geoff Grenda described the gratitude of staff — one of whom had been with the company for 52 years — as "overwhelming."

"We've had lots of loyal people over our 66-year journey and this was our way of rewarding the ones that are still with us," he told Nine Network television.

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Senator bites back controversial words

Tory Boisvenu apologizes for earlier comments on offering suicidal hanging to worst offenders

A Conservative senator backed away from an unconventional proposal Wednesday for reducing prison costs: give serial murderers a rope and let them decide whether to hang themselves.

"Basically, every killer should (have) the right to his own rope in his cell. They can decide whether to live," Sen. Pierre-Hugues Boisvenu said, referring to people who "had no hope of rehabilitation."

A few hours later, after an outcry from the opposition and a flurry of media interest, Boisvenu issued a statement saying the comment was inappropriate and that he withdrew it.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Sen. Pierre-Hugues Boisvenu

The comment about hanging came on the same day an awareness campaign was launched on youth mental health, in memory of young Ottawa suicide victim Daron Richardson. There have also been a number of recent, high-profile prison suicides in Quebec.

Prime Minister Stephen Harper distanced himself from the remarks, but said he understood Boisvenu's feelings. Boisvenu became a victims'-rights advocate after his daughter was kidnapped, raped and murdered in 2002. Harper appointed him to the Senate two years ago.

"We all understand that Sen. Boisvenu and his family have suffered horribly in the past and, obviously, I think we understand his emotions in that regard," Harper said during the House of Commons question period. THE CANADIAN PRESS

Black. History

▶ Two new Canada Post stamps were issued Wednesday to honour two great black Canadians: Viola Desmond and John Ware.

CANADA POST HANDOUT

Postal tributes to Canadian icons

Stamps commemorate Viola Desmond who sat in the whites-only section of a Nova Scotia theatre. She was forcibly removed, arrested and fined. John Ware was a former U.S. slave who became a pioneer of the ranching industry in Alberta.

Canadian prisoner in Mexico charged

Cynthia Vanier, who is accused of masterminding a plot to bring Moammar Gadhafi's son to Mexico has been formally charged, Mexican officials confirm.

Three others have also been charged, while an arrest warrant is out for a fifth suspect.

Vanier, a mediator based in Mount Forest, Ont., has been moved to a prison in Chetumal. THE CANADIAN PRESS

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with text as the primary graphic treatment, philosophy gives you a daily greeting, making the personal care product in your bathroom take on greater meaning with clever names that make you smile or inspire reflection.

philosophy: believe in miracles

founder cristina carlino is a cosmetic industry visionary, with over 30 years experience in clinical skin care and beauty. the first company cristina founded was biomedic, a medically-based skin care line distributed to the world's leading plastic surgeons and dermatologists. in 1996, she created philosophy so women everywhere could personally access leading skin care technologies.

Friday, February 3 to Sunday, February 5, 2012

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F-f-f-frosty. Europe

▶ An elderly couple brave the bitter cold as they walk alongside the Moscow River on Wednesday. Temperatures in the area fell to -21 C.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Europe battles cold spell

Rescue helicopters evacuated dozens of people from snow-blocked villages in Serbia and Bosnia, and airlifted in emergency food and medicine as a severe cold spell kept Eastern Europe in its icy grip.

Oil from Concordia cruise ship spreads through Italy's waters

Activists fear leaking fuel will harm marine life ▶ Officials identify 17th body

PIER PAOLO CITO/THE ASSOCIATED PRESS

▶ The grounded cruise ship Costa Concordia lies on its side off the Tuscan island of Giglio, Italy.

A thin film of oil spread from the Costa Concordia cruise ship as waves battered the wreckage off Italy's coast Wednesday, adding to fears of an environmental disaster in the area's sensitive, pristine waters. Authorities were trying to assess how serious and extensive the spread was, but said that so far it didn't appear alarming.

Italian authorities also identified a German woman, Siglinde Stumpf, as being among those killed in the Jan. 13 capsizing of the vessel. Stumpf is the 17th person whose body has been identified. Fifteen others are listed as missing.

The search for the missing has been hampered by rough seas, with emergency officials ending the search in the submerged part of the ship due to the danger to rescue workers.

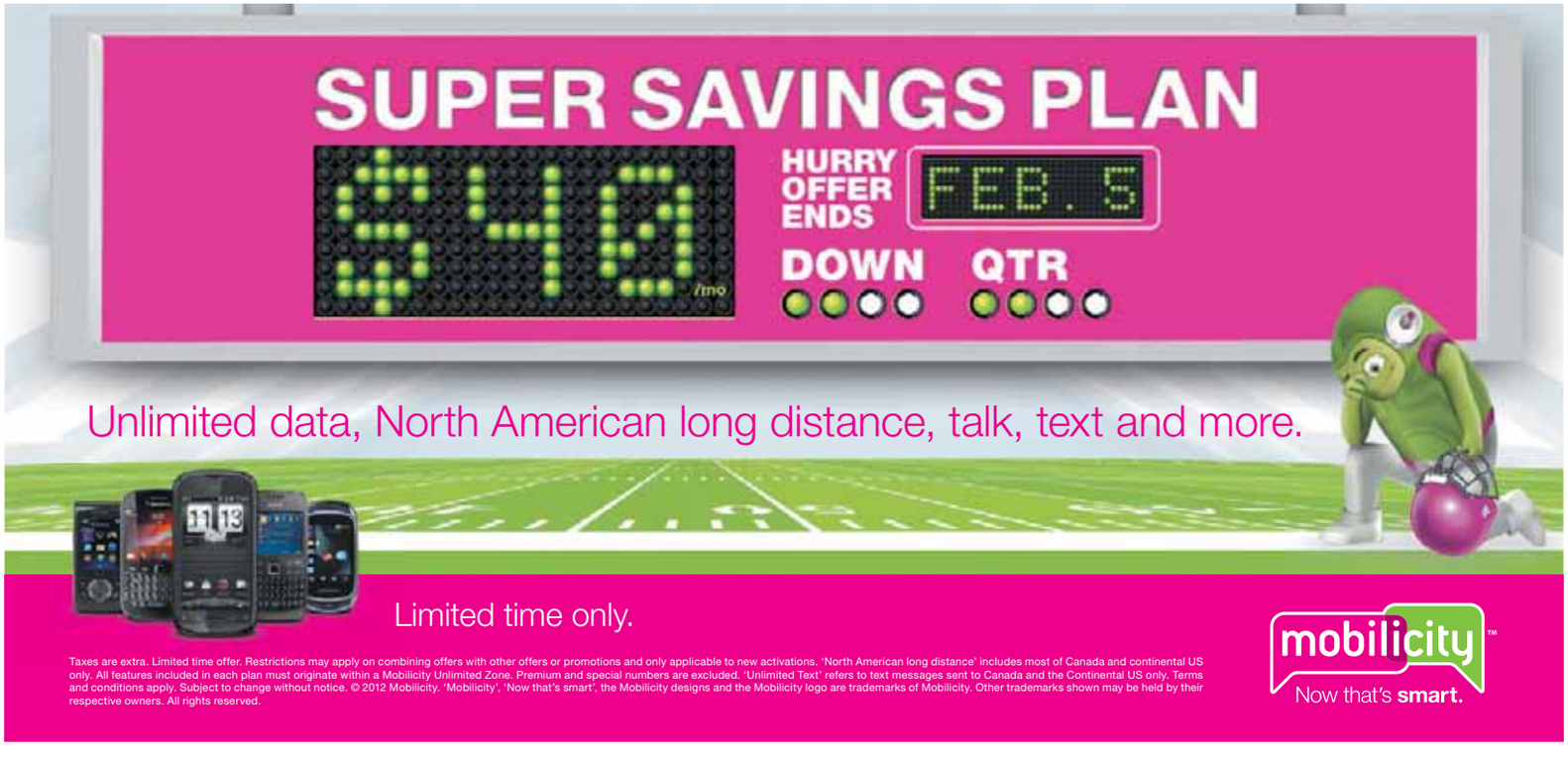
A large crack also appeared Wednesday between two glass panels that formed part of the roof of the massive ship.

The oil film was spreading from a separate part of the ship, apparently the stern.

The ship contains about 500,000 gallons of heavy fuel and other pollutants, and fears have grown that those chemicals could damage an environment that is home to dolphins, whales and other marine life.

Authorities are hoping to pump fuel from the ship, but due to bad weather the effort was being suspended again Wednesday.

Floating barriers placed around the ship to protect the water were lifted by winds, allowing the oily film from the ship to spread throughout the bay. THE ASSOCIATED PRESS



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Public pensions prevent poverty: Research

- PM says OAS/GIC pension system needs overhaul
- Collection age could rise from 65 to 67 to cut costs

Research prepared for the federal government in 2009 shows that the old-age benefits cited by Stephen Harper as perhaps unsustainable are a key factor keeping seniors out of poverty.

The paper, titled Evaluation of the Old Age Security Program, shows that without Old Age Security or the Guaranteed Income Supplement, more than a third of women and more than a quarter of men in their 60s would fall below the poverty line. "The OAS programs have a significant influence on the incidence of low income," the report's author, Richard Shillington, wrote.

The benefits are most important in the Maritimes and the North. "The OAS/GIS makes a huge contribution to the reduction of poverty in old age," said Andrew Jackson, chief economic for the labour congress.

Prime Minister Harper announced last week that the public pension system is fiscally unsustainable, with costs expected to rise to $108 billion in 2030 from $41 billion this year.

Cutting costs will likely include raising the collection age. The presumption, said Jackson, is that people will work for an extra two years. "That is possible for some, but many older workers in their 60s are in ill health or are engaged in providing care for others." THE CANADIAN PRESS

OAS/GIC stats

- **About 98 per cent** of Canadians are eligible for OAS when they turn 65. To get the GIS top-up for low-income seniors, they must first qualify for OAS.
- **Research shows** that OAS and GIS improve an average senior's standard of living by about $7,000 a year.
- **For seniors with "modest" incomes,** OAS and GIS accounts for 70 per cent of their incomes.

Name. Game

▶ A Target Apparel store is shown in the Rainbow Centre in Sudbury last January.

GINO DONATO/THE CANADIAN PRESS

Nothing fair-weather for Target

American chain Target Corp. has reached a deal with Fairweather Ltd. under which the Canadian fashion retailer has agreed to stop using the Target name.

Facebook's IPO pokes Wall Street's elite

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

▶ Facebook is going public after eight years.

Facebook made a much-anticipated status update Wednesday: The Internet social network is going public eight years after its computer-hacking CEO Mark Zuckerberg started the service at Harvard University.

That means anyone with the right amount of cash will be able to own part of a Silicon Valley icon that quickly transformed from dorm-room startup to cultural touchstone.

If its initial public offering makes enough friends on Wall Street, Facebook will probably make its stock-market debut in three or four months as one of the world's most valuable companies. In its regulatory filing with the Securities and Exchange Commission, Facebook Inc. indicated it hopes to raise $5 billion US.

That would be the most for an Internet IPO since Google Inc. and its early backers raised $1.9 billion in 2004. The final amount will likely change as Facebook's bankers gauge the investor demand.

Joining corporate America's elite would give Facebook newfound financial clout as it tries to become even more pervasive. It also could help Facebook fend off the challenge from Google, which is looking to solidify its status as the Internet's most powerful company with a rival social network called Plus. THE ASSOCIATED PRESS

YOU HAVE 28 DAYS TO HELP THE 1 IN 4 CANADIAN CHILDREN WHO ARE OBESE OR OVERWEIGHT.
Please donate this February at heartandstroke.ca and make death wait.
HEART & STROKE FOUNDATION

Canadian car sales accelerate

Automakers saw strong Canadian sales in the opening month of 2012 with many reporting double-digit growth from a year ago. Overall sales grew 15.4 per cent to 97,497 vehicles last month, according to data released Wednesday from the Association of International Automobile Manufacturers of Canada. This is attributed to low interest rates, buyers searching for better fuel efficiency, and those looking to replace older vehicles. Chrysler Canada had its best January in a decade, Ford lost its spot as Canada's top seller but gained traction and Toyota sales jumped. General Motors sales dropped 10 per cent. THE CANADIAN PRESS

Canada leaning less on U.S.: TD

The Canadian economy appears to be on a long-term trend toward less dependence on the United States, according to a new study by TD Economics.

The study, released Wednesday, found that Canada's economic reliance on the U.S. in terms of share of exports and GDP has dropped steadily over the last decade. For example, exports to the U.S. directly contributed an annual average of 0.5 percentage points to nominal GDP growth over the last decade. That was well below an average annual contribution of 2.3 percentage points during the 1980s and 1990s.

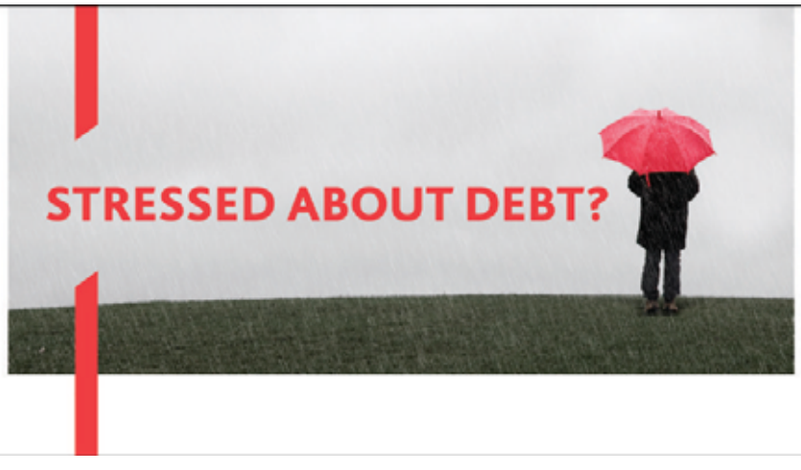
TD Economics says a rebound in U.S. economic growth should boost Canadian exports south of the border over the next few years.

But over the long term, the bank said Canada's economic prosperity will increasingly be driven by trade with other non-U.S. economies. That will reinforce the trend in recent years, where Canadian economic power is shifting more and more from Central Canada to the energy and resource-rich western provinces. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. WEDNESDAY

TSX	Dollar
+ 65.51 (12,517.66)	+ 0.37¢ (100.09¢ US)
Oil	**Natural gas**
- 87¢ US ($97.61 US)	$2.32 US (- 18¢ US)
	Gold
	$1,749.50 US (+ $9.10 US)



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WINTER, WHY ARE YOU GIVING ME THE COLD SHOULDER?

HE SAYS ...

JOHN MAZEROLLE
METRO

Dear Winter:

Please come back. I miss you.

It was cute at first, you disappearing. I thought it was for effect, maybe. You just wanted to wait till the best moment, then, surprise! You'd show yourself when we least expected it. You flake, you.

But another week slid by.

Then I thought maybe you were making fun of all those weatherpeople who predicted a deep freeze. Stupid "meteorologists" and their TV-ready descriptions of complex systems. ("After the break, we'll tell you about tomorrow's Sleet Quasar!")

You showed them, I thought. But, then, still no sign of you.

Most recently, I thought maybe you wanted to make a point about other disappearances — manufacturing jobs, polar bears, the Toronto Maple Leafs at playoff time. These are good, important points to make. But, if that was your intention, your point has been made.

Where are you? You snapped in Edmonton a couple times, and blew through the Maritimes this week, but that's been pretty much it.

Let's have some Real Talk, OK? You're being selfish.

If you won't think of us, won't you think of the children? You're denying kids important life lessons they only learn when you're around. Like, when I was young, I learned that sledding had an elaborate social pecking order, from the kid who owned a GT Snowracer (King of the Hill) to the kid with the Crazy Carpet that was always reverting to its Fruit Roll-Up shape (Lowly Serf).

You provided me some of my only adventures growing up. In New Brunswick, we didn't have any of the most common natural disasters — hurricanes, earthquakes, Bryan Adams concerts. The only Discovery Channel doc you'd ever see filmed in my hometown is Fog Chasers.

So, craving excitement, I had to get by with delivering newspapers in blizzards or playing street hockey in -15 C weather. It's perhaps sad that I've never felt more alive.

If this is what it takes to get you back, let me say this: I'm sorry. I'm sorry I took you for granted.

You were harsh, but I realize now it was necessary. A playful pinch to the cheeks or even a cold slap is a welcome respite from the limp handshake of the muddy impostor that has taken your place.

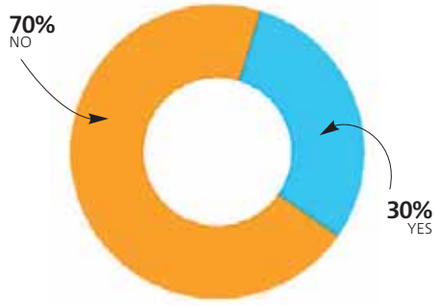
I miss making the first scritch-scritch footprints in a park of untouched snow. I miss Arctic fog rising off the water on a frigid day. I miss your cold embrace.

The place just isn't the same without you, Winter. Come back: my Crazy Carpet is always unrolled for you.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Have you ever been a victim of cyberbullying?

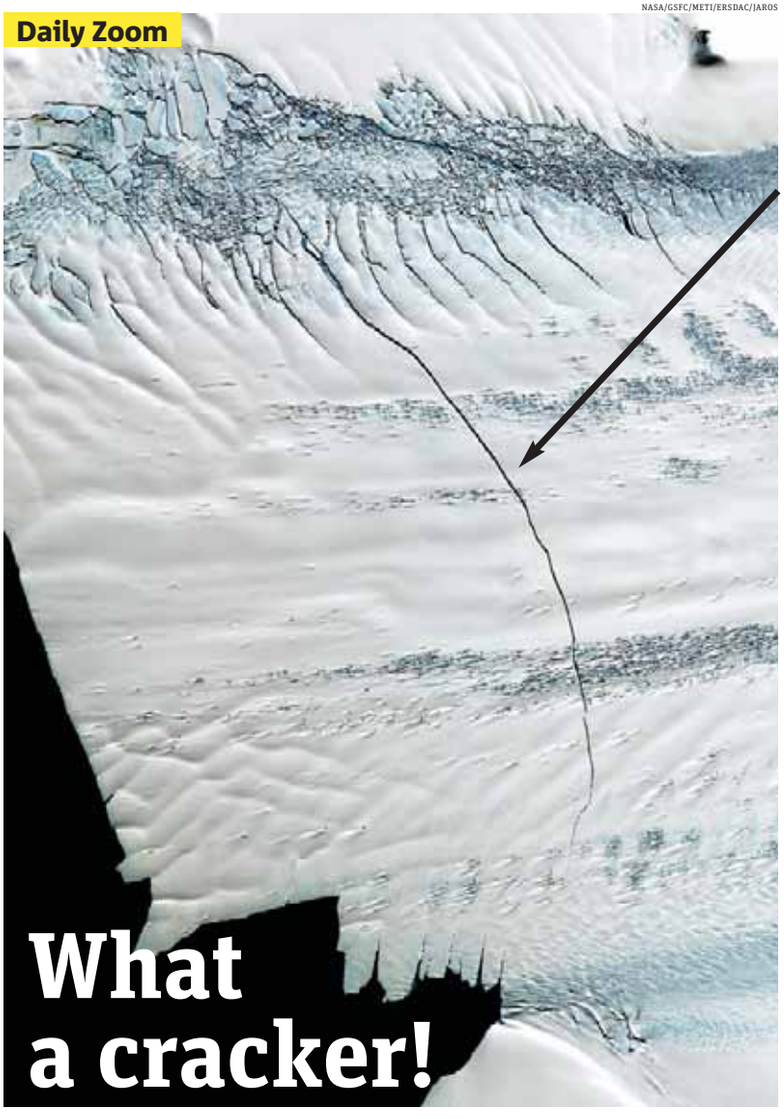


Local tweets

- **@ParisAniston:** Ottawa meet and greets with @BryanAdams are still available for those who want to know! #ILoveBryanAdams #BACanadianTour
- **@HaliforniaLove:** Longggg day at the office in Ottawa. Saw this piece of artwork and it sort of portrays how I feel! http://yfrog.com/kfj1lpij
- **@EEZEMAITIS:** Photo: The student rally in Ottawa to drop tuition fees was today. I love my city sometimes. http://tmblr.co/ZN5dLwFkKu6V
- **@M24elissa:** @simpleplan - 23 more days till your concert in ottawa <3 I'm stoked!
- **@McKeen19:** Finally official, just got my tix to see the @NHL_Oilers next week inOttawa. Just hope @RNH_93 is back
- **@murray_wilson:** Final prep for #seinfelddinner tonight and tomorrow night at #atelier#ottawa #rest #Ottawa

Daily Zoom

NASA/GSFC/METI/ERSDAC/JAROS



Crevice cuts ice from the North

ANTARCTICA. Nay, nay, it's not a scratch — it's a 30-kilometre-long crack that will carve an iceberg the size of New York City!

NASA has spotted a deep crevice on Pine Island Glacier, an ice stream that drains the West Antarctic Ice Sheet.

The image, taken in November 2011 but only released Wednesday, shows the crack's growth. MWN

80X60

The ice crack is 80 metres wide and 60 metres deep. Measurements suggest the ice shelf in the region is about 500 metres thick, with only about 50 metres of that floating above water.

Pine Island

- **The Pine Island Glacier is part of the West Antarctic Ice Sheet and** contains enough water to raise sea levels worldwide by more than six metres.
- Experts last year discovered warm currents are eroding ice from below, twice as fast as previously thought.

metro

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BREAKING NEWS

U.S. REAL ESTATE HAS BOTTOMED OUT!

7 Deadliest Mistakes All Canadians Make When Buying U.S. Real Estate

Fellow Canadians - a new video series has just recently been released which reveals the 7 costly mistakes that ALL Canadians make when buying U.S. real estate, and a 23 step system that can help you prevent these common mistakes in order to protect your investment.

This video series clearly shows how a typical Canadian loses an average of $30,000 when buying U.S. real estate. The fact of the matter is that the U.S. is a foreign country with an entirely different tax system that the CRA frowns upon – worse yet – with regulations written against foreigners, such as the famous "world estate tax".

Don't just google "U.S. Real Estate" **until** you watch and learn the proven methods.

This video series exposes the 7 deadliest mistakes that cost Canadians tens of thousands of dollars. The good news is that each and every one of these mistakes are entirely preventable. In answer to these issues, Canada's only active U.S. real estate expert - Steve Martel - has prepared a free video series entitled "Buying U.S. Real Estate The Proven Way".

To gain instant access to this video series, visit www.USTAKEOVER.ca

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2 scene

Man behind the music

Winning or losing, Alex Marchand keeps the crowd moving at Ottawa Senators home games

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA

If you've ever been to an Ottawa Senators game, surely you've danced in your seat to one of the catchy tunes between plays.

The man behind that music is Alex Marchand; Ottawa Senators and Scotiabank Place DJ since the 2005-2006 hockey season. It's a gig many of us can only dream of having.

So, how did he land the coveted position? He explains with a hockey expression, of course.

"I got called up. I was the Ottawa 67s' DJ for six seasons prior to the Sens gig," says Marchand.

Like a lot of people living in the Ottawa area, Marchand is a public servant by day.

But, come game night, he is way up above the nosebleeds of Scotiabank Place, pumping out tunes to over 20,000 Sens fans.

But, with that many people in one place, musical tastes tend to vary, which presents a bit of a challenge for Marchand.

"The toughest part of the job is that I will never be able to please everyone," he says. "It's the reality of being a DJ and even more specifically a sports DJ that has such a varied demographic."

But, seeing everyone enjoy the fruits of his labour makes it all worthwhile.

"The best part is getting 20,000 fans going," he says. "I just want to make sure everyone that comes to the game has a good time, and maybe even get ups and dances a little bit."

As much as the musical tastes of Sens fans varies, there are a few songs that seem to always get a strong reaction.

"Right now, the big crowd favourite is Sexy and I Know It by LMFAO," Marchand says. "It just seems to get everyone going."

And, of course, there is the song everybody loves to hate; that would be Cotton Eye Joe by Rednex.

In order to ensure he's always playing crowd pleasers, Marchand encourages fans to tweet him (@senatorsdj on Twitter) with game day requests.

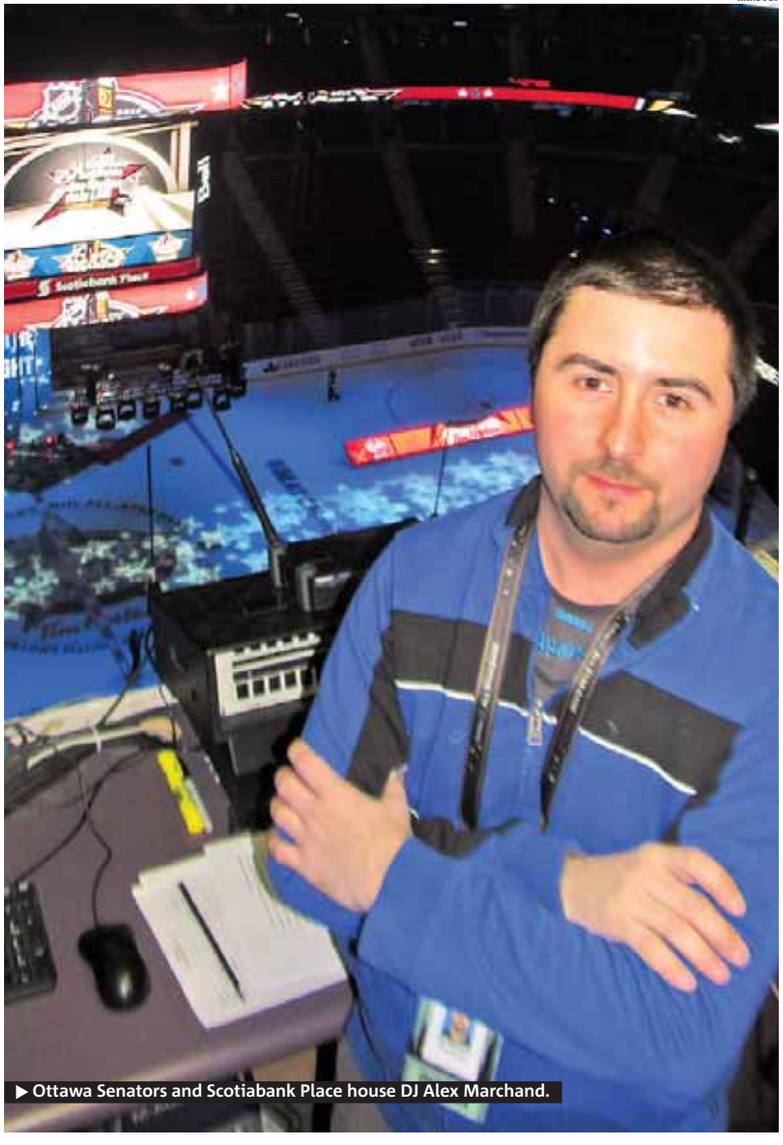
"I would love to hear your ideas, requests or just say hello if you want."

Details

When is the next Senators game?

Games: The Ottawa Senators will host the New York Islanders on Friday at 7:30 p.m. and the Toronto Maple Leafs on Saturday at 7 p.m. Of course, Alex Marchand will be providing the musical entertainment.

HANDOUT



Ottawa Senators and Scotiabank Place house DJ Alex Marchand.

New Jersey

Hoboken, New Jersey, has denied a request for a spin-off of MTV's Jersey Shore reality show to film in the city. It is to star Nicole Snooki Polizzi and Jenni JWoww Farley.

THE ASSOCIATED PRESS

Neil Young: Steve Jobs listened to vinyl because of higher fidelity

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THURSDAY, FEBRUARY 2, 2012
WINTERLUDE

▶ Winterlude is fun for the entire family. The 34th edition of Winterlude runs over three weekends, beginning Friday, and offers people a chance to rekindle their appreciation of winter.

Winterlude continues to snowball

Annual winter celebration keeps on growing with new activities ▶ Runs over three weekends, begins Friday

PAULINE ANDERSON
FOR METRO

This year's Ottawa Winterlude promises to be better than ever — no matter what the weather.

The annual winter celebration, featuring sports, Canada's diverse cultures, winter traditions and culinary arts, takes place in the National Capital from Feb. 3-20.

Every year, more than 600,000 fun-seekers take part in Winterlude. More than one-third are from outside the capital region. Those visitors generate about $159.3 million in economic activity.

For this 34th edition of Winterlude, more partners than ever have come together to offer residents and visitors the opportunity to rekindle their appreciation of Canadian winter traditions. That increased support — from about a dozen last year, to more than 60 this year — means new activities, including a Fashion Week and comedy nights, have been added to the itinerary.

Over the three weekends of Winterlude, the National Capital Commission will mark the 200th anniversary of the War of 1812, the 50th anniversary of the Canadian Coast Guard and give a nod to the upcoming 2012 Juno Week and the 41st annual Juno Awards to be held in Ottawa March 26 to April 1.

The celebration begins with Fire and Lights from 1812 to 2012: Forging the Canadian Spirit.

Events will include historical characters and drummers, storytelling around firepits, IMAX presentations, a musical fireworks display and an outdoor DJ dance party.

Lynn Crawford, chef and owner of Ruby Watchco in Toronto, and celebrity chef on the Food Network's Pitchin' In, will create a gourmet dinner with high-quality Canadian products served in a lively and sociable atmosphere for Taste of Winterlude ticket holders.

The Winterlude festivities are focused in three main locations:

The Rogers Crystal Garden in Confederation Park. Check out the amazing ice sculptures on display here.

The Snowflake Kingdom in Jacques-Cartier Park. A kid's paradise with snow slides and no shortage of outdoor fun, the kingdom is home to the Ice Hog Family, which travels to Canada's Capital Region every winter to celebrate Winterlude. The family includes Mama and Papa Ice Hog and their children, Noumi and Nouma. They love to give hugs and play in the snow.

The Rideau Canal Skateway. At 7.8 kilometres, it's the world's largest skating rink, winding its way through downtown Ottawa — from Dow's Lake to the Parliament Buildings

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Hockey • Curling | Winter Family Fun

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Pond Hockey

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No goalies or referees • Maximum of 6 players per team
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Hockey Schedule
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Pond Curling

Test your skills on natural ice • Includes a minimum of three games
Games are 4 ends each • Regular curling rules
Participants bag • Cost: $180/team of 4 players

Curling Schedule
Sat 9:00am-9pm • Sat Kid's Clinic 12-1pm • Sun 10:00am-4pm

Family Fun for Everyone!

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Kids Ice Fishing Derby • Venders Village • Taste of Gananoque
Family Skate & Events in the Park • The Gananoque Brewing Company Ice Bar

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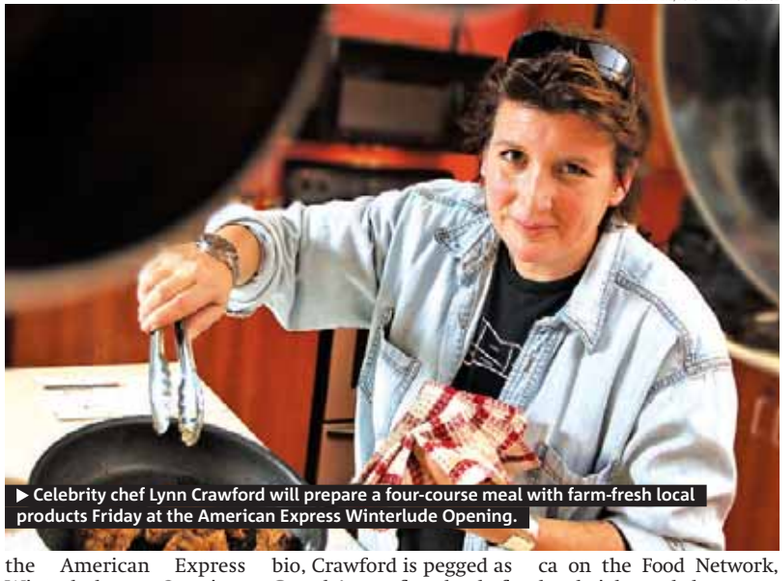
Fresh from the farm cuisine

TERESA CHIYKOWSKI
FOR METRO

BERNARD WEIL/TORSTAR NEWS SERVICE



▶ Celebrity chef Lynn Crawford will prepare a four-course meal with farm-fresh local products Friday at the American Express Winterlude Opening.

Get ready for a culinary taste experience you won't soon forget. Lynn Crawford, chef and owner of Ruby Watchco in Toronto, and celebrity chef on the Food Network's Pitchin' In and Restaurant Makeover, is coming to town. And that's good news for taste buds.

From Farm to Table with Lynn Crawford is an evening of delectable cuisine served up in a vibrant and festive setting — including a fireworks show that's sure to be spectacular.

The event, which is sold out, includes a four-course meal prepared with farm-fresh local products, wine pairing and cocktail reception, and taxes and service fees included.

The feast takes place at the American Express Winterlude Opening, Grand Hall, Canadian Museum of Civilization Friday at 5:30 p.m.

From a Food Network bio, Crawford is pegged as Canada's top female chef.

According to the bio, her successful following from Restaurant Makeover, as well as Iron Chef America on the Food Network, has heightened the awareness to the necessity of good cooking alongside the importance of cooking through entertainment.

Coast guard marks 50th anniversary

Jan. 26, 2012, marked the 50th anniversary of the Canadian Coast Guard — a Special Operating Agency of the Department of Fisheries (DFO) and Oceans Canada that helps DFO meet its responsibility to ensure safe and accessible waterways for Canadians.

With a 50th anniversary slogan of "An honoured past, a committed future," the coast guard will be holding several special events across the country to celebrate its golden jubilee year.

For example, visitors to Winterlude this year are invited to take part in a day in the life of a coast guard employee. Special on-water safety displays will take place every Saturday and Sunday at Jacques-Cartier Park (Snowflake Kingdom) from 10 a.m. to 5 p.m. Coast guard experts will also be on site to answer questions.

"Visitors to Winterlude this year are invited to take part in a day in the life of a coast guard employee. Special on-water safety displays will take place every Saturday and Sunday at Jacques-Cartier Park."

The Canadian Coast Guard has more than 4,000 employees, with half of them being seagoing personnel.

TERESA CHIYKOWSKI

Taste of Winterlude will tickle your taste buds

PAULINE ANDERSON
FOR METRO

COURTESY NATIONAL CAPITAL COMMISSION

▶ The annual Stew Cook-off in the ByWard Market is popular for both businesses and patrons.

Taste of Winterlude features some of the best cuisine that Ottawa and the Gatineau region has to offer.

You can sample cuisine at some of the area's top restaurants and venues, learn new cooking techniques from local chefs, and tour local restaurants or shops with top chefs or sommeliers as your guide.

The first day of Winterlude, Feb. 3, features the annual Stew Cook-Off. It's a charitable, friendly competition among ByWard Market businesses. For $10, you can have all the stew you can eat, vote for your favourite, and help out a local charity. Celebrity judges will present the Judges Awards at the end of the cook-off.

Later the same day, Lynn Crawford, chef and owner of Ruby Watchco in Toronto, and celebrity chef on the Food Network's Pitchin' In and Restaurant Makeover, hosts a sumptuous four-course meal prepared with farm-fresh local products and served in a lively and sociable atmosphere befitting the chef's philosophy that a great meal is all about sharing. To top it all off, take in the spectacular fireworks of the Winterlude Opening from the comfort of a reserved area at the Grand Hall of the Canadian Museum of Civilization.

For those who want a more active approach to culinary appreciation, why not take advantage of an event that continues throughout Winterlude in the form of an adventure on snowshoes in the majestic beauty of Gatineau Park. A professional guide will introduce you to the natural wonders of the park.

Then, go inside and warm up in the Mitoura Room with a steaming bowl of onion soup accompanied by sweet and savoury treats made from scratch at a little bistro that is one of the Capital Region's rising stars in the culinary world: Chez Edgar. You can borrow snowshoes from the Gatineau Park Visitor Centre or bring your own.

Culinary hits

Take advantage of some of the most mouth-watering culinary hits that Taste of Winterlude has to offer. During the event you can:

- **Sample cuisine** at some of the National Capital's top restaurants and venues
- **Learn new cooking** techniques from local chefs
- **Tour local restaurants** or shops guided by top chefs or sommeliers
- **For full details** and locations, visit the official Taste of Winterlude site at canadascapital.gc.ca.

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BARRY GRAY/TORSTAR NEWS SERVICE

▶ Canadian country music star Paul Brandt will play a concert Friday at 8 p.m. at Centrepointe Theatre.

Musical Winterlude

All forms of music will satisfy your 'ear buds' at this year's festival

JEN TRAPLIN
FOR METRO

Kick off this year's edition of Winterlude with a performance by Canadian country music star Paul Brandt. The show is at Centrepointe Theatre (101 Centrepointe Dr.) Friday at 8 p.m.

Tickets are $56.75 through the Centrepointe Theatre box office.

The Ottawa Jazz Festival launches the first annual Winter Jazz Festival Friday, which will feature performances throughout downtown Ottawa.

Most of the concerts will be held in the National Arts Centre (53 Elgin St.), Club Saw (67 Nicholas St.), Café Paradiso (199 Bank St.), Dominion Chalmers United Church (355 Cooper St.) and Mercury Lounge (56 ByWard Market Sq.). For detailed show info, visit ottawajazzfestival.com.

Head over to Cabaret La Basoche (120 Principale St.) in Gatineau for the CD release of Gakondo, the 2011 Juno-nominated album by roots artist the Mighty Popo. Tickets are $28 for adults, $25 for seniors and $23 for students. The show is Friday at 8 p.m.

With Music From Down Home, you can warm up to the sounds of true Canadian music on Saturday and Sunday at noon, 1 p.m. and 3 p.m. in Confederation Park.

Join the award-winning Ottawa Junior Youth Orchestra for an afternoon performance of a selection of works by Edvard Grieg, Ernesto Lecuona, Camille Saint-Saens, Rheinhold Gliere and others. The show is taking place Feb. 12 at 2:30 p.m. at St. Brigid's Centre for the Arts (302 St. Patrick St.). Tickets are $15 for adults, $8 for seniors and students and only $5 for kids 12 and younger.

The Sub-Zero Concert Series will satisfy your "ear buds" with shows in Confederation Park by a variety of up-and-coming talent every Friday and Saturday night during Winterlude.

Some of the local acts on the bill include Amanda Rheaume, Marc Charron, Ashley Crnic and Megan Jerome.

Concert listing

▶ **For a full listing** of all the upcoming concerts you can catch during Winterlude 2012, including the Sub-Zero Concert Series, go to canadascapital.gc.ca/celebrate/winterlude.

Capitale

WINTERLUDE
BAL DE NEIGE

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This is why I love winter!

American Express Winterlude Opening

Tomorrow, February 3, at 8:30 pm
Canadian Museum of Civilization

Join us for a spectacular musical fireworks display, followed by a DJ dance party! Starting at 5 pm, admission is free to the museum. This magical evening will feature activities for the whole family.

SNOWFLAKE KINGDOM IN GATINEAU
Come and experience the joys of winter at the biggest snow playground on the continent!

RIDEAU CANAL SKATEWAY
Skate on the world's largest skating rink.

ROGERS CRYSTAL GARDEN
Come and discover glittering ice-sculpture masterpieces.

OLG SNO-BUS
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Weekends and on Family Day, February 3 to 20

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CANADIAN MUSEUM OF CIVILIZATION
MUSÉE CANADIEN DES CIVILISATIONS

Parks Canada Parcs Canada

TORSTAR NEWS SERVICE FILE

▶ Debra DiGiovanni.

CONTRIBUTED

▶ Trent McClellan will perform during the eighth annual Cracking Up the Capital for Mental Health comedy event Feb. 18 at the National Arts Centre.

Crack a smile

JEN TRAPLIN
FOR METRO

The eighth annual Cracking Up the Capital for Mental Health is out to prove that laughter is indeed the best medicine.

In fact, the old adage is something Trent McClellan, one of the comedians performing at this year's event, agrees with wholeheartedly. That's because it's a concept he is very familiar with.

"When I first moved to Calgary my job was working with folks with mental illness. So I have first-hand experience seeing different types of mental illness up close."

When McClellan moved to Calgary eight years ago, he started working as a one-on-one liaison, assisting people with their day-to-day activities and says he leaned on his sense of humour often.

"I used humour quite a bit with the clients that I worked with because it was a great way to redirect and kind of put things in perspective, and I saw it work right in front of my own eyes," he says.

And, it seems, laughter is a universal medicine.

"I went on to do stand-up and it was the same thing," he says. "I've had people come up to me after a show and tell me they just went through something difficult but that I really brightened their week.

"It's a really cool thing," he humbly admits.

"Sometimes, as comedians, we forget that the real, true essence of stand-up is just making people laugh and feel good," he says.

Cracking Up the Capital is definitely a feel-good event.

Hosted by Gemini-award winning actor and comedian Patrick McKenna, it boasts an impressive line-up of Canadian comedians, including Derek Edwards, Joey Elias and Debra DiGiovanni, all in support of the Royal Ottawa Foundation for Mental Health.

Showtime

- **What:** Cracking Up the Capital for Mental Health hosted by Patrick McKenna and featuring Debra DiGiovanni, Derek Edwards, Joey Elias and Trent McClellan
- **When:** Feb. 18 at 8 p.m.
- **Where:** National Arts Centre — Southam Hall (53 Elgin St.)
- **Price:** Tickets starting from $25 through Ticketmaster

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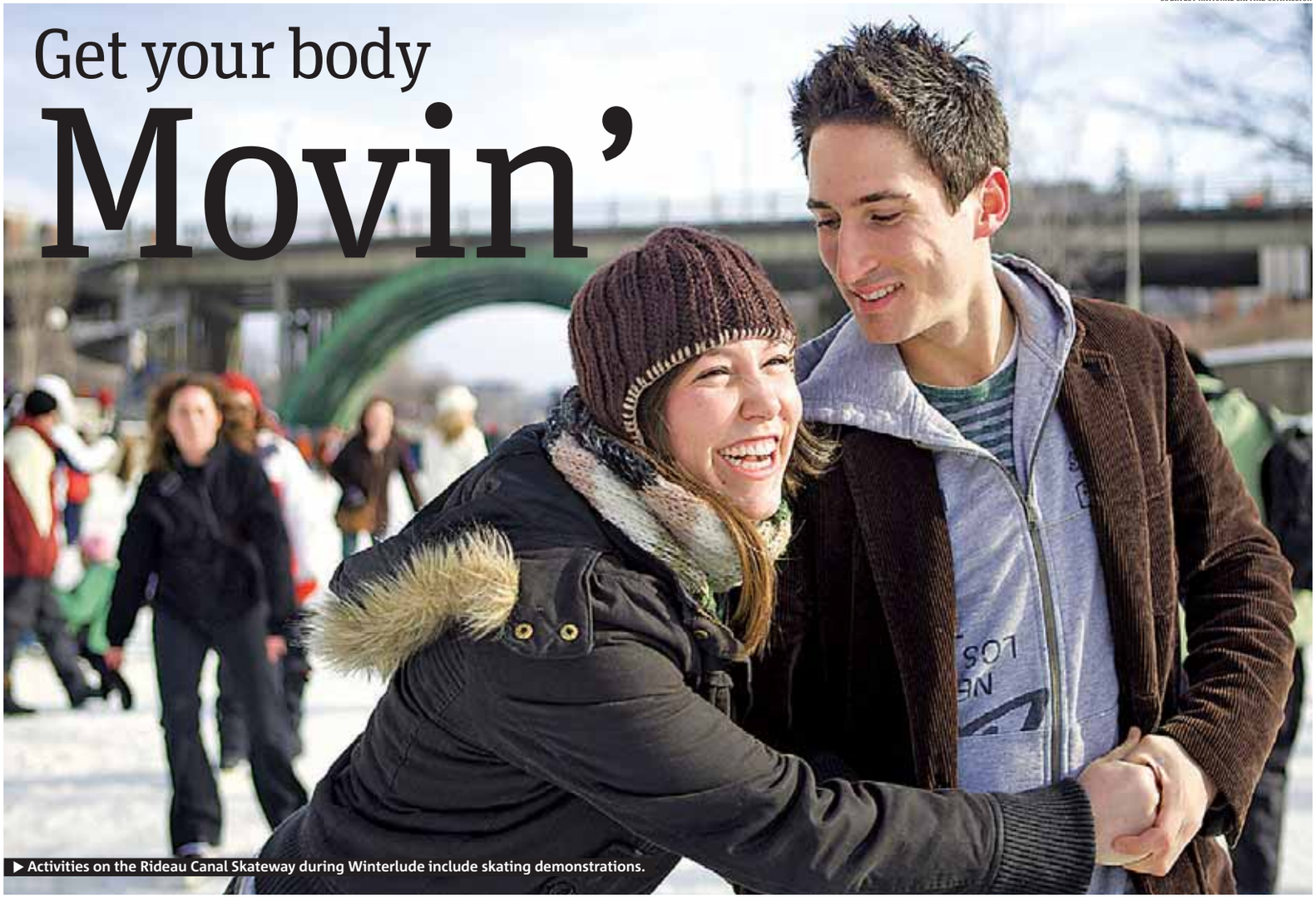
COURTESY NATIONAL CAPITAL COMMISSION

Get your body Movin'



▶ Activities on the Rideau Canal Skateway during Winterlude include skating demonstrations.

Events include Winterlude Triathlon, annual Bed Race, skating demonstrations and Pond Hockey Classic

PAULINE ANDERSON
FOR METRO

The Ottawa area is synonymous with winter sports and Winterlude certainly lives up to that reputation.

The three weeks of festivities are replete with events that range from deadly serious to the downright goofy.

In the first category is the Winterman Marathon. Marathon relays, half-marathon, 10-kilometre, 5km, and 3km races will take place Feb. 19, at the Canadian War Museum.

The race provides an opportunity for runners of all levels to participate. It's the only winter marathon taking place in Canada this year.

The event is a fundraiser for Search and Rescue Global 1, which provides volunteer ground search and rescue to the region.

If you want to see a real display of winter sporting skills, check out the triathlon, beginning at 8 a.m. on Feb. 4, which includes an 8km skate, 5km ski and 5km run. It's one of the oldest Winterlude activities and exemplifies what winter in the Nation's Capital is all about

BANK OF CANADA
BANQUE DU CANADA

The Currency Museum is inviting you to help us kick off Winterlude with Fur Trade Days—featuring fun workshops and hands-on family activities.

SATURDAY, 11 FEBRUARY
English 14:00 | French 15:00
Millinery presentation by Ruth Miller –see how to shape felt hats and learn why beaver pelts were so prized in the hat-making industry of centuries past.

SATURDAY, 18 FEBRUARY
English 14:00 | French 15:00
Felt making workshop – visitors will be making small felt squares using roving wool.

Currency Museum of the Bank of Canada
245 Sparks Street, Ottawa, ON K1A 0G9
www.currencymuseum.ca

FREE ADMISSION
NO REGISTRATION REQUIRED

COURTESY NATIONAL CAPITAL COMMISION

▶ The Accora Village Bed Race on Dow's Lake has been part of Winterlude since the beginning.

COURTESY NATIONAL CAPITAL COMMISSION/LEON T. SWITZER

▶ The Beaver Cup Pond Hockey Festival returns to Winterlude Feb. 10-12.

— skating, cross-country skiing and running.

Speaking of oldies but goodies, the Accora Village Bed Race has been part of Winterlude since its inception in 1978.

In 2011, the race had 40 teams. This year, the race takes place Feb. 4 on Dow's Lake with the Parade of Beds at 12:30 p.m. and racing between 1 and 2:30.

And what would winter be in the Nation's Capital without hockey?

Not your garden variety hockey, mind you, but pond hockey. The Beaver Cup comes to Winterlude Feb. 10-12.

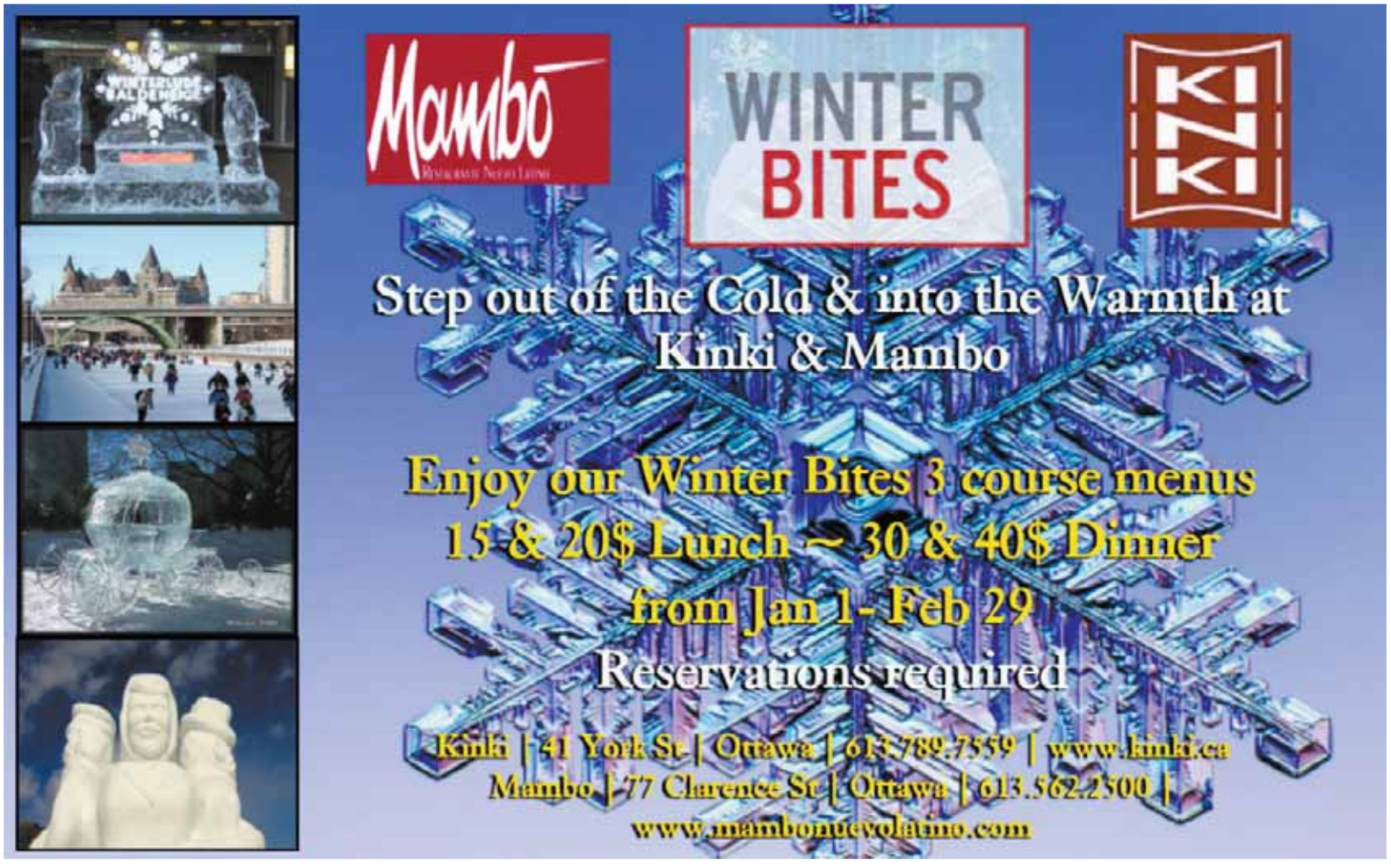
Billed as a "fast, exciting, 4-on4 pondarama," it will be played on the world's longest skating rink, the Rideau Canal.

This year's highlight is Hockey Day in Canada, Feb 11 at 7 a.m. It features the Guinness World Record attempt for the longest hockey breakaway on the Rideau Canal at the Chateau Laurier.

A final shot on net will take place at Dow's Lake, seven kilometres away near the Beaver Cup Pond Hockey Festival.

Information

- **Winterlude 2012** runs from Feb. 3-20 and is open on Family Day (Feb. 20). The three Winterlude weekends are filled with activities and many venues are open daily.
- **Fees:** Some Winterlude activities are free. (For individual activity listings and further details, visit canadascapital.gc.ca).
- **Information booths** are located at: The Fairmont Château Laurier lobby; the Lord Elgin Hotel lobby, the Westin Ottawa lobby; Confederation Park; Jacques-Cartier Park; the Rideau Canal Skateway (Fifth Avenue)
- **Getting around:** It's best to take the free OLG Sno-Bus to travel between sites.



COURTESY NATIONAL CAPITAL COMMISSION

▶ The American Express Winterlude Opening will include a fireworks show Friday at 9 p.m. at the Canadian Museum of Civilization, 100 Laurier St., Gatineau.

What's happening around Winterlude

Some of the events you may want to check out during this year's edition of Winterlude:

WALKING THROUGH A FOODIE WONDERLAND

Bundle up for a foodie's romp through the ByWard Market. Join a tour guide from C'est Bon Cooking to learn about the evolution of Ottawa's food scene through the award-winning restaurants and wonderful ethnic and fine food shops located in the heart of Ottawa's oldest neighbourhood. Meet chefs, producers and food artisans who give this area so much of its personality, and experience "the Market" as locals do. Samples of some of the best foods the ByWard Market has to offer will be served.
WHEN: Runs 10:30 a.m.-1 p.m. Fridays and Saturdays until Feb. 18.
WHERE: Meet in front of Brasserie Métropolitain, 700 Sussex Dr. on Feb. 11 only, meet in front of the Courtyard Marriot, 350 Dalhousie St.

NORTHERN LIGHTS 2012: NORTHERN LIGHTS BUSINESS AND CULTURAL SHOWCASE

This biennial event was created to strengthen Arctic and Northern partnerships and understanding between Canada's Northern and Southern regions. Northern Lights is Canada's No. 1 Arctic and Northern showcase, and features Nunavut, Nunavik, Labrador and Nunatsiavut. Canada's eastern Arctic and North are continuing to emerge as the next economic development frontier. To highlight the opportunities and cultures of our great regions, the event includes a multi-industry trade show, engaging conference topics and speakers, exciting social events, and a stimulating arts and cultural pavilion.
WHEN: To Saturday.
WHERE: Ottawa Convention Centre, 55 Colonel By Dr.
WEB: ottawaconventioncentre.com, northernlightsottawa.com.

COURTESY OTTAWA TOURISM

▶ Winterlude's lovable mascots, the Ice Hog family, will perform at the Snowflake Kingdom.

ROGERS ONE-BLOCK CHALLENGE

One-block sculptures on the theme of "Northern Legends" offer a glimpse of what professional and amateur ice carvers will create over the weekend.
WHEN: Friday: 8-10 a.m. Awards ceremony at 5 p.m.
WHERE: Confederation Park (Rogers Crystal Garden).

THE ICE HOGS' WALKABOUT (SNOWFLAKE STAGE)

Winterlude's lovable mascots, the Ice Hog family, provide a warm welcome — a sheer delight for the little ones.
WHEN: Mondays, Thursdays and Sundays, 9:30 a.m., 11 a.m., 12:30 p.m.* and 2:30 p.m.; Fridays and Saturdays, 9:30 a.m., 11 a.m., 12:30 p.m.*, 2:30 p.m., 4 p.m. and 5:30 p.m. (*Dance with the Ice Hogs).
WHERE: Jacques-Cartier Park (Snowflake Kingdom), Gatineau.

GIANT SLIDE

Zoom down the Giant Slide — thrills for the whole family!
WHEN: Open Mondays, Thursdays and Sundays, from 9 a.m. to 6 p.m. Open Fridays and Saturdays, from 9 a.m. to 9 p.m. (open until 9:30 p.m. on Feb. 3).
WHERE: Jacques-Cartier Park (Snowflake Kingdom), Gatineau.

25TH ROGERS INTERNATIONAL ICE-CARVING COMPETITION

Professional carvers from around the world put their talent to the test.
WHEN: Friday from 11:30 a.m. to 11 p.m.; Saturday from 8 a.m. to 11 p.m.; Sunday from 8 a.m. to noon.
WHERE: Confederation Park (Rogers Crystal Garden)

21ST ANNUAL BYWARD MARKET STEW COOK-OFF

The Annual Winterlude Stew Cook-Off is a charitable, friendly competition among ByWard Market businesses. For $10, you can have all the stew you can eat, vote for your favourite, and help out a local charity. Celebrity judges will be there to taste what our participating businesses have to offer.
WHEN: Friday from noon to 2 p.m.
WHERE: ByWard Market, 55 ByWard Market Square.
WEB: byward-market.com.

GATINEAU PARK: SNOWSHOE UNDER THE STARS

Join the Friends of Gatineau Park volunteers for this great evening activity. As you snowshoe under the crisp night sky, you will discover how animals and plants face the many challenges of winter survival. Reservation required. Bilingual activity. Adults $15 (Friends of Gatineau Park members: $12), seniors and students $12 (members $10), children $5. Reservations: 819-827-2020, 1-800-465-1867 (toll-free), 613-239-5090 (TTY), 1-866-661-3530 (toll-free TTY)
WHEN: Friday evenings, Feb. 3 & Feb. 17.
WHERE: Gatineau Park Visitor Centre, 33 Scott Rd., Chelsea, Que.
WEB: guidegatineau.ca/amis-friends/

▶ Ice carving demonstrations will be held at the Rogers One-Block Challenge and the 25th Rogers International Ice-Carving Competition.

COURTESY NATIONAL CAPITAL COMMISSION

NORTHERN SURPRISES — CIRCUS ACTS

Talented students from the street performance program at École secondaire du Versant are coming to the museum! Don't miss this exciting presentation, featuring juggling, acrobatics and tableaux vivants.
WHEN: Friday, 6 p.m., 6:30 p.m., 7 p.m., 7:30 p.m., 8 p.m. and 8:30 p.m. (free 10-minute performance).
WHERE: At the Canadian Children's Museum Theatre and various locations throughout the museum. Canadian Museum of Civilization, 100 Laurier St., Gatineau.
WEB: civilization.ca

COURTESY NATIONAL CAPITAL COMMISSION

▶ Zoom down the Giant Slide for some thrills.

A-MAZE-ING FORT WELLINGTON!

Challenge yourself to find the way through this historical maze.
WHEN: Mondays, Thursdays and Sundays, from 9 a.m. to 6 p.m. Fridays and Saturdays, from 9 a.m. to 9 p.m. (runs to 9:30 p.m. on Feb. 3).
WHERE: Jacques-Cartier Park (Snowflake Kingdom), Gatineau.

Join us for a
Kitchen Design and Renovation Seminar

Wednesday, February 22 from 6:30pm-8:30pm
Hosted by Catherine Pulcine of CPI Interiors

Catherine Pulcine – Ottawa's premier Interior Design Consultant – will be sharing her extensive knowledge of kitchen design and renovations! Learn effective ways to plan and complete your renovation and the pitfalls to avoid.

There is no charge, but you must reserve a spot to attend as space is limited, so call today!

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Skate back in history with Portraits on Ice

TERESA CHIYKOWSKI
FOR METRO

If you plan to take in some of the exciting sights of Winterlude this month, don't be surprised to skate upon an art exhibit of a different kind — Portraits on the Ice. This refreshing outdoor gallery returns to the Rideau Canal Feb. 3, this time to mark the 200th anniversary of the War of 1812.

The exhibit showcases 10 portrait reproductions that represent some of the French- and English-speaking militia and colonists, British officers and First Nations allies who were a part of, or were affected by, the War of 1812. The original works of art were created in a variety of media — paintings, prints and photography.

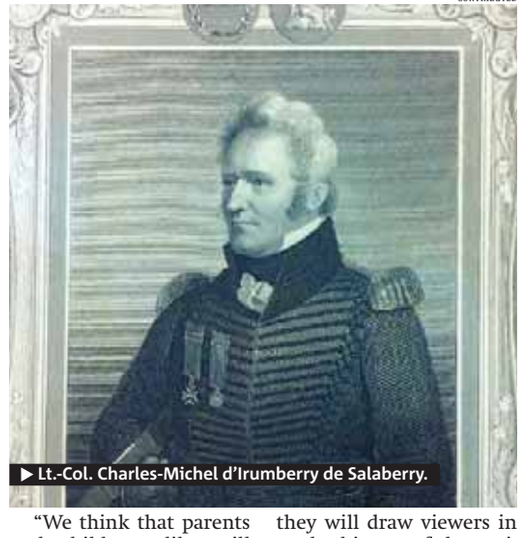
Selected from the collection of Library and Archives Canada, the reproductions depict images of known and unknown historical figures — from colonists like Laura Secord, for example, to colonists like Jane Okill Stuart, an ordinary person who lived in Kingston, Ont., during the War of 1812.

You will also find a reproduction of the famous oil painting of Maj.-Gen. Sir Isaac Brock, who died defending Niagara from the American invasion at Queenston Heights on Oct. 13, 1812.

CONTRIBUTED

▶ Maj. John Norton.

CONTRIBUTED



▶ Lt.-Col. Charles-Michel d'Irumberry de Salaberry.

"We think that parents and children alike will stop and look when they come across these portraits, which they may not expect to see in this particular setting. The portraits are large, bright and engaging, and I believe that they will draw viewers in to the history of the period," says Madeleine Trudeau, Portrait Gallery of Canada curator.

Winterlude-goers will find Portraits on the Ice along facing walls under the Bank Street Bridge on the Rideau Canal skateway.

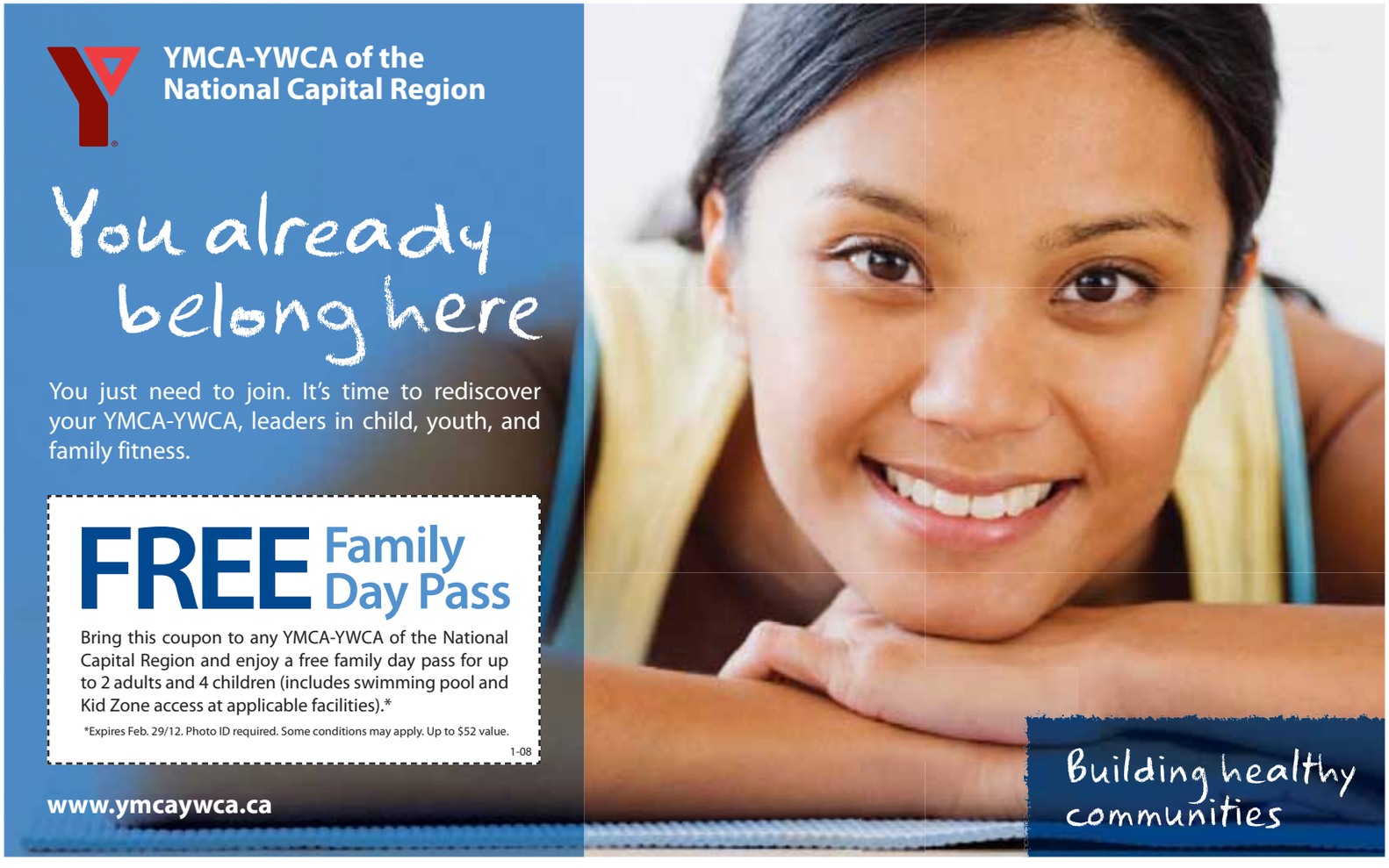
"The canal is the perfect venue for the exhibit because the decision to build the waterway came about as a result of the War of 1812," says Trudeau.

Portraits will be on display until March 2.

On display

More portraits include:

- **Lt.-Col. Charles-Michel d'Irumberry de Salaberry** — a French-Canadian British Army officer who founded the Canadian Voltigeurs militia unit.
- **Maj. John Norton** (or Teyoninhokarawen) — a War Chief of the Six Nations and British Army Major during the War of 1812.
- **Surviving Six Nations** allies — fought beside the British during the War of 1812.



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247 Bank St.
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Billings Bridge Plaza
Carlingwood Shopping Centre
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Men, watch for it

DC Comics announcing it will release a prequel series to the popular graphic novel the Watchmen ▶ Creator Alan Moore not involved in series

SAM CASTONE
SCENE@METRONEWS.CA

A seven-part prequel series to Watchmen, one of the most popular graphic novels of all time, will appear this summer, according to DC Entertainment, publishers of DC Comics.

The news is sure to excite fanboys, but also disgust some: Original Watchmen creator Alan Moore, who has long feuded with DC, is not involved with the new series and none too happy about their decision.

Instead, a pack of other star talents, including J. Michael Straczynski (The Amazing Spider-Man) and Darwyn Cooke (Catwoman), will write installments, each centering around a different character.

"It's our responsibility as publishers to find new ways to keep all of our characters relevant," said DC Entertainment co-publishers Dan DiDio and Jim Lee.

"After 25 years, the Watchmen are classic characters whose time has come for new stories to be told. We sought out the best writers and artists in the industry to build on the complex mythology of the original."

The original, published in 1986 and 1987, followed a defunct batch of superheroes brought back together after the death of a colleague.

But as PhD candidates can tell you, it's also a deep reflection on post-war American anxiety and paranoia.

Time Magazine named it one of the best 100 novels of all time.

Moore, meanwhile, lives in England, and continues to write — just not for DC.

"Completely shameless," he called the prequels.

Watch for it

Looking ahead, John Higgins, who illustrates the novels, said that even though the Watchmen has become a touchstone for comics and graphic novels, the new series can expand on its mythology.

▶ **John Higgins:** "The challenge is to make the stories modern and relevant to 2012 and to show what can be done with respect and consideration for the source material that has inspired so many people over the years. By adding to the mythos and not to detract from it. The Watchmen had such an influence on graphic storytelling since it first appeared and is a timeless classic. If we can create a new set of stories that can be enjoyed 25 years on, that would be an achievement and a reward in itself."

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No mini meatball ... yet

Calzone not in the oven for Snooki **Translation: Pregnancy rumour is false**

For a few brief, terrifying moments yesterday, we feared Snooki was pregnant.

It all started with an ugly, horrible, breakfast-ruining rumour from RadarOnline.

"She's been telling people that she has a big announcement coming," a source told the site, adding that boyfriend Jionni LaValle had been sharing the news with close family and friends.

While a photo search mercifully didn't reveal a Snooki bump, it did fail to turn up the expected number of drunk duck faces.

Finally, she made an appearance on Opie & Anthony to set the record straight: There will be no spawn of Snooki.

"Why are people calling me fat?" she wondered. "That's so rude!"

It is rude, Snooks. It is rude and we won't stand for it. MONICA WEYMOUTH

ALL PHOTOS GETTY IMAGES

Snooki

Celebrity tweets

@JessicaSimpson

Woke up looking like the lip injection fairy visited me in the night! Is this how pregnancy face begins?! Yikes!

@joshgroban

Newt's moon colony will cost us nothing. It will be paid for with moon money printed at a moon mint by a to-be-appointed moon treasurer.

@SteveMartinToGo

PLEASE DO NOT READ IF YOU ARE EASILY HYPNOTIZED: You are feeling sleepy.

@jeweljk

We have 56 calves on the ground- SO cute- ya just wanna hug them all!

Leslie Carter

Carter sister dies

Leslie Carter — younger sister of Backstreet Boys' Nick Carter and a star of House of Carters — died Tuesday in New York. No details have been released regarding the cause of death.

"Our family is grieving right now and it's a private matter. We are deeply saddened for the loss of our beloved sister, daughter, and granddaughter, Leslie Carter. We request the utmost privacy during this difficult time," her family said in a statement. METRO

Soul Train host Don Cornelius dead in apparent suicide

Soul Train producer and host Don Cornelius was found dead in his Los Angeles home early yesterday morning from what appeared to be a self-inflicted gunshot wound.

Cornelius created the show in 1970, and hosted it until 1993.

"He was a true television visionary and his contributions to African American culture, music, and entertainment are incomparable. The outpouring of affection and tributes to his legacy are a true testament to the profound impact that his life's work had on many generations," said Kenard Gibbs, CEO of Soul Train Holdings, in a statement. METRO

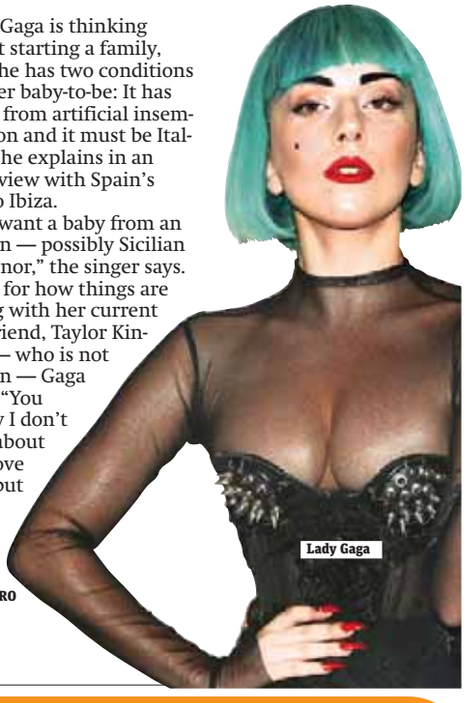
Don Cornelius

Note: Baby Gaga must be Italian

Lady Gaga is thinking about starting a family, but she has two conditions for her baby-to-be: It has to be from artificial insemination and it must be Italian, she explains in an interview with Spain's Radio Ibiza.

"I want a baby from an Italian — possibly Sicilian — donor," the singer says.

As for how things are going with her current boyfriend, Taylor Kinney — who is not Italian — Gaga says, "You know I don't talk about my love life, but I'm very happy." METRO



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3 life

Oscar contender?

One of the most award show worthy dresses from ss12 couture week:

Armani Privé

A strapless universally flattering shape + a shimmery bandage effect = Best Dressed List Bait.

Toronto Fashion Week gets new name as World MasterCard becomes sponsor.

- The popularity of the wide-brimmed has been bubbling on the runway for a while now
- But this winter, hats from nearly all decades have become a full-blown trend
- Here are some of our favourites

Return of the hat (you knew it would be back)

Alexandra Davenport, a student in London, pulls off the hat with aplomb.

1

AUBERGINE BORSALINO

$492, lockhatters.co.uk

2

SPORTMAX FEDORA

$118, my-wardrobe.com

3

PAUL SMITH FEDORA

$215, paulsmith.co.uk

4

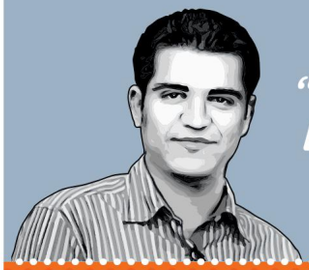
EUGENIA KIM GABRIELLA RABBIT FELT FEDORA

$375, net-a-porter.com

THREE FAB HATTERS

MODEL YOUR LOOK AFTER MOVIE QUEENS The Artist, Annie Hall and Cabaret

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON



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A ruggedly handsome space

Home decor expert Karl Lohnes lays down the rules for choosing an area rug

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Q: I have laminate wood floors throughout my small condo and would like to add an area rug to the living room, which is 10-by-14 feet. What size should I choose and what style won't make it feel cramped?
T. Fulham, Winnipeg

A. Area rugs not only help to link living room furnishings together, but to define spaces that are open to one another as well.

The biggest mistakes people make when choosing an area rug is that they buy the wrong size (often too small), and they choose a look that doesn't belong with anything else in the room.

The simplest way to determine the right sized area rug in a living area is to measure the width of the room then subtract two or three feet; this will give you the width of the rug needed. For instance, if your room is 10-feet wide you will need an eight-foot wide rug.

Area rugs come in predetermined sizes; an eight-foot wide rug will be about 10-feet long. That is the size that suits your living area.

Best style of carpet

If you have printed fabrics on your furnishings or draperies then go with a discretely patterned or solid-coloured rug.

CONTRIBUTED

The right area rug can help define spaces that are open to one another.

If furnishings are upholstered in plain fabrics, then a patterned rug can help add pizzazz to the overall decor scheme.

Another idea is to take inspiration from artwork that you might have collected. For example, if you like watercolour paintings, then choose a rug that has soft, airy colours and patterns. If you collect black-and-white photography, then a solid, neutral-coloured rug will work nicely in the room.

If your room is feeling cramped with furnishings, then choose a colour of rug that is very similar to the colour of the wood flooring; this will give you the coziness of the rug but visually will not chop up the space by adding yet another element.

How much to spend

An eight-by-10 foot area rug can cost from $200 to $5,000, depending on the quality. I always suggest spending between one to two times the price of the sofa. It's an easy way to gage the quality and value needed so the rug works with the rest of the room.

How will it wear?

- **Synthetic fibres** are durable for busy lived-in rooms and can take on the look of elegant wool and silk.
- **Think longevity** These rugs have about a five-year lifespan, whereas real wool carpets can last a lifetime.

YOU DON'T HAVE AN UGLY MUG, SO WHY DRINK FROM ONE?

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Charles the butler,

How do I remove tough tea and coffee stains on my mugs? Thanks!
Tran

Dear Tran,

Here are a few good suggestions for you.

Put some baking soda and warm water in the mug and wash the inside with a soft sponge (do not use any abrasive side). If you do this regularly, it should work like a charm.

If the stain is a little older, add some lemon juice to the baking soda and make a paste. Let the paste stand in the mug for an hour or so before washing with the sponge.

The acid and baking soda combination should do the trick. If you use the baking soda regularly, you won't need to use any chemicals.

If the above fails, I have used a Magic Eraser sponge with success.

Also, on really old, tough stains, I've made a mixture of 1 part dishwasher soap to 3 parts warm water and ½ a cup of white vinegar and let this sit inside the cup for an hour or so. It worked very well.

HAVE A QUESTION? SEND A MESSAGE TO ASKCHARLESTHEBUTLER@METRONEWS.CA

ISTOCK

Coffee: So delicious to drink, but so difficult to clean.

Ready to be a winter warrior?

Snow in an average shovelful can weigh nearly 30 pounds **And twisting to throw a load is hard on the back**

DIY IDEAS

Although many areas have been relatively snow-free this winter, snow removal woes are just one storm away.

So here are some strategies, and the latest tools.

First, have a plan before the flakes start falling. If you're not physically up to shovelling, arrange for a plowing service or enlist some kids to at least do your walkways; many communities mandate that sidewalks be cleared within 24 hours of a storm.

If you are taking on the snow yourself, take it easy.

Warm up, start slow and cover your mouth if the air is very cold, according to Dr. Grace Cater, a cardiologist in Cleveland. "Snow shovelling can be more strenuous than exercising full throttle on a treadmill," Cater says on MetroHealth's Heart and Vascular Center's webpage.

Bill Foster, who for 40 years has shovelled his own and neighbours' snowy sidewalks and driveways in the western Chicago suburbs, says common sense can make the job easier.

"The biggest mistake people make is starting with the easy stuff," Foster says.

"When you're freshest and strongest, start at the end of the driveway where the plow dumps all the heavy road snow."

A few more tips for keeping things manageable, from Good Housekeeping magazine:

1. Don't put your back into it: Use your leg and thigh muscles instead, and push more snow than you lift.

2. Layer up: No heavy down coats for this job — it's better to dress in layers you can remove as you work. Make sure caps or masks don't impede your ability to see cars, icy spots, or people. You don't want to whack someone with your shovel.

3. Drink up: Water keeps you hydrated as you work.

4. Stop when you need to, and take breaks every 15 minutes or sooner: Make sure family members and friends know you're out there.

Foster recommends cutting the driveway down the middle so you are shovelling smaller passes out to the sides from the centre line.

"And never wait till the snow stops falling," he says. "I'd go out two or three times during a storm to stay ahead of it all."

Popular Mechanics writer Roy Berendsohn advises clearing the car off thoroughly before starting on the driveway. He also recommends keeping a stiff brush and some oil handy to remove buildup on snow-blower blades. Make sure paths are clear of newspapers, dog toys, rocks and electrical cords before you fire yours up.

Also, decide where the snow's going to go before you start. Starting to shovel from the house out to the perimeter of the property is inefficient. Drop the first load far enough away from where you start so that you'll have room for piles as you work your way back to your starting position. THE ASSOCIATED PRESS

TORO/THE ASSOCIATED PRESS

▶ Garden-variety snow shovels have been doing the snow removal job for hundreds of years, but many of today's tools can make it easier.

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Delicious flavour of simplicity

This rib roast with roasted veggies and shallot-merlot gravy makes for an elegant meal

THE CANADIAN PRESS H/O

Perfect for a dinner party, this meal serves 24.

Make a special meal for your next dinner party with this rib roast, roasted veggies and a flavourful gravy made with shallots and merlot wine. Be sure to serve the wine alongside for a perfect match.

Preparation:

1. In large roasting pan, arrange onions, carrots, celery, garlic, thyme and rosemary in even layer.
2. Season rib roast all over with salt and pepper. Place roast on top of vegetables in roasting pan. Roast in 245 C (475 F) oven 15 minutes, then reduce heat to 160 C (325 F). Roast for 2 to 2 1/2 hours or until roast reads 55 C (130 F) at the centre for medium or 50 C (120 F) for medium-rare.
3. Transfer roast to a serving platter and cover with foil and keep warm. Set aside roasting pan.
4. Roasted Root Vegetables: In a large bowl, toss carrots, parsnips, beets and potatoes with oil, rosemary, salt and pepper. Spread evenly on 2 large rimmed baking sheets. When roast comes out of oven, raise temperature to 200 C (400 F). Roast vegetables, stirring occasionally, for 30 minutes or until tender and browned.
5. Shallot Merlot Gravy: Place roasting pan over medium-high heat. Add wine to reserved roasting pan juices and scrape up any browned bits from bottom of pan.
6. Using a slotted spoon, remove and discard any solids from pan. Add shallots, thyme, and 500 ml (2 cups) of the beef broth. Bring to a simmer and cook for 3 minutes.
7. In bowl, whisk remaining beef broth and flour. While stirring , add this mixture to roasting pan. Cook while stirring for 3 minutes. Season with salt and pepper. Serve roasted vegetables and gravy alongside roast.

THE ASSOCIATED PRESS/ THIE RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS. EMILY IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients:

- 4 onions, quartered
- 4 each large carrots and celery stalks, cut into large pieces
- 1 head garlic, broken into cloves and peeled
- 4 sprigs each fresh thyme and rosemary
- 1 bone-in rib roast (5.5 to 6.3 kg/12 to 14 lb)
- Salt and black pepper

Roasted Root Vegetables

- 1 kg (2 lb) each carrots, parsnips, beets, and Yukon gold potatoes cut into 1-cm (1/2-inch) pieces
- 45 ml (3 tbsp) vegetable or canola oil
- 45 ml (3 tbsp) chopped fresh rosemary
- 10 ml (2 tsp) salt
- 5 ml (1 tsp) ground black pepper

Shallot-Merlot Gravy

- 250 ml (1 cup) Merlot wine
- 2 shallots, finely diced
- 15 ml (1 tbsp) minced fresh thyme
- 750 ml (3 cups) beef broth
- 45 ml (3 tbsp) all-purpose flour
- Salt and black pepper

Weekly Cookbook

Pitchin' In chronicles Food Network celebrity chef Lynn Crawford's road trip across North America, describing the people she meets, the land, and of course, the food.

She travels from Vancouver Island to haul the best Dungeness crab available to Perth County, Ont., famous for some of the best pork in Canada, and beyond to places such as Kansas, Florida and Texas. Crawford shares more than 100 amazing and simple recipes from her adventures.

These eats include Potato-Crusted Halibut, Cider-Glazed Pork Chops, Crispy Calamari Salad, Veal Chop with Citrus Salad, Honey Butter Roasted Scallops, and Lamb Shepherd's Pie. The chef doesn't forget that any good meal ends with dessert. Among the ones in Pitchin' In are Pecan Blueberry Cobbler and Red Velvet Cupcakes.

Promotion Period February 2012
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SPECIAL INFORMATION FEATURE

New tradition sees the Light of day

Groundhog Day perfect for Kichesippi's Wuchak Black

JEFF O'REILLY
FOR METRO

"This is one time where television really fails to capture the true excitement of a large squirrel predicting the weather." Phil Connors (Bill Murray's best line from the 1993 movie Groundhog Day)

As Kichesippi — "the beer that's easy to drink and hard to spell" — launches its latest assault on auto-correct with it's new seasonal "Wuchak Black," I was amused to find that Wuchak is the original Aboriginal term for woodchuck or groundhog, so today would be a great day to hoist a pint of it in honour of the day.

You know the story — if a groundhog sees his shadow he will scurry back into the ground and we will get another six weeks of winter, but if it's a cloudy day and he wanders right out it's a sure sign of an early spring.

Whether it is Wiarton Willie, Shubenacadie Sam, or Punxsutawney Phil, many still put faith in this quirky old tradition — but have you ever wondered how it all started?

ERIC WYNNE/THE CANADIAN PRESS FILE

▶ Shubenacadie Sam.

With possible roots in Pagan and Gaelic calendars with a badger or bear helping with the predictions, today's modern celebrations most likely stem from Pennsylvanians' Feb. 2 observance of Candlemas (commemorating when 40-day-old baby Jesus was brought to the Temple in Jerusalem) where, according to their German forefathers, they would watch and wait for the groundhog's verdict to determine how much more winter they would have to endure.

Interestingly, a full six weeks would mark the vernal equinox, or first day of spring, in the Julian calendar, which would be exactly March 16 — a few days before we recognize it now. So, if you were looking for an excuse for a pint — we are pretty much at the halfway point between Christmas and St. Patty's Day.

Wuchak Black (6.4 per cent alcohol by volume, 76 International Bitterness Units) is an American black ale that pours pitch black with a thick mocha foam head.

Aromas of deep roasted malt and robust hops tantalize before delivering flavours of toasty pale and dark malts with subtle hints of coffee and chocolate with a slightly woody pine resin hop character in a full bodied brew with a bitter lingering finish.

Definitely worth popping your head out of your burrow and investigating.

Wuchak Black is available at the Kichesippi Brewery (866 Campbell Ave.) and on tap at select locations — but only until spring arrives ... whenever that may be.

JEFF O'REILLY/FOR METRO

▶ Kayla is all smiles, regardless of how long winter will be, with a Wuchak Black at Johnny Farina's.

Prognosticators

▶ **Farmers tell us** that the groundhogs are 75 to 80 per cent accurate, however, a Canadian study has found that over the last 40 years these furry prognosticators are only right 37 per cent of the time — only slightly behind today's TV weatherpeople.

Rangoon – the ultimate foodie find

Restaurant is in heart of downtown, offers lunches for $10 or less **Excellent spot for vegetarians and vegans**

SAMANTHA EVERTS
FOR METRO

There are only a few Burmese-only restaurants in Canada, and this one should be packed, as it is right downtown and serves Ottawa's best lunch deal at $10 or less.

Despite its modest decor, Rangoon Restaurant, named after the largest city and former capital of Burma, is the ultimate foodie find. The country's food is heavily influenced by its neighbours India, Laos, Thailand and China with its unique twist on curries, thalis and noodle soups. We're almost certain you haven't tried it either, because we certainly hadn't, but we can't wait to return.

We were welcomed by the very sweet owner, who immediately offered us a pot of green tea and recommended some traditional dishes for us to try.

> **"We were welcomed by the very sweet owner, who immediately offered us a pot of green tea and recommended some traditional dishes for us to try."**

We started with Burmese vegetable spring rolls that tasted similar to Indian samosas. They were lightly fried and stuffed with vermicelli, potato and veggies served with a savoury fresh mint dipping sauce. We could have easily gobbled up another few bowls of the comforting lentil soup that fused sophisticated flavours of turmeric, ginger and garlic with thick broth. And it was a steal at only $2 a bowl!

SAMANTHA EVERTS/FOR METRO

The squash curry from Rangoon Restaurant at 114 Gloucester St.

Next, we ordered the green papaya salad, which we wanted more of, though the mild tasting papaya was difficult to distinguish between the crunchy cabbage and dressing topped with peanuts. Unlike so many coleslaws, the creamy texture came from a chickpea-tamarind base. Next time we will also try the green tea-leaf salad.

Our main entrée of squash curry melted in our mouths from being simmered in rich, coconut curry sauce — however, the portion was rather small — served with basmati rice. The accompanying vegetables were unfortunately from frozen.

Their curries are milder than traditional Indian or Thai style, but the house-made tomato chili salsa served alongside will kick up the heat if you desire.

Rangoon Restaurant is located at 114 Gloucester St. For more, see rangoon-restaurant.ca.

Time to come in from the cold

SEASONAL SIPS

Valentine's Day, Feb. 14: The day of romance seems to call out for a dessert wine, but a French Sauternes or Canadian Ice Wine can squander funds better used on that diamond necklace or Rolex watch. Greece is known for its sweet fortified wines, made from the Muscat grape, at a very affordable price. We don't see them here often, but the Limnos, Muscat of Limnos ($13.95, +268029) is coming to town and pairs beautifully with the honey-nut richness of baklava — the perfect sweet finish to your Valentine's Day dinner. Available at Vintages Saturday.

Winterlude, through Feb. 20: February in Ottawa is no joke, and you are going to need to bring out the big guns to warm up after your Winterlude frolicking. Antolini Moropio Amarone della Valpolicella ($34.95, +268029) is a rich red made from dried grapes in the Veneto region of Italy. Great for sipping by the fire, it's full of dried fruit and sweet spice flavours and, at almost 17 per cent alcohol, it packs a punch that will keep even the most persistent frostbite at bay. Available at Vintages Saturday.

ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE IN CALIFORNIA AND BRITISH COLUMBIA. FOLLOW HER GOINGS-ON AT SCRATCHINGSFROMACELLARRAT.BLOGSPOT.COM.

Deals from Vintages

SUSAN DESJARDINS
FOR METRO

Select from big bold California Cabs from this week's Feb. 4 LCBO Vintages release feature, or sample the fruit of Greek vineyards.

There are a few dazzling suggestions for Valentine's Day, and try these great Ontario wines — Pondview Riesling, Cattail Creek Cabernet/Merlot!

Jackson Triggs 'Entourage Silver Series' Brut Méthode Classique 2006, Niagara
(LCBO #234161, $22.95)
▶ An enticing, vibrant, tasty sparkler for Valentine's — toast, citrus and green apple to the fore.

Don Nieto Senetiner 'Don Nicanor' Malbec 2008, Argentina
(LCBO #178657, $17.95)
▶ Big, bold, structured, and loaded with spiced dark fruit.

IF I HAD $100 ... TO SPEND AT VINTAGES

Château Lamothe de Haux Blanc 2010, France
(LCBO #909341, $14.95)
▶ A classic clean white Bordeaux blend — dry, pungent yet smooth.

Dry Creek Vineyard Cabernet Sauvignon 2007, California
(LCBO #642207, $24.95)
▶ Full bodied, robust and cellarable, offering intriguing complex aromas and flavours.

Château Haut-Canteloup 2009, France
(LCBO #264747, $13.95)
▶ Bordeaux delivers again — medium-full bodied, well balanced and complex. Great value!

GRAND TOTAL: $94.75

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Reg. $5.49 lb
3.99 lb

Bulacan Sweet Longisa
Reg. $2.99 ea
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Produce

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1.28 lb

Red Pepper
Reg. $1.28 lb
2.99 lb

Baby Shanghai Bok Choy
Reg. $1.28 lb
Special Only Feb 3, 4, 5
1.99 lb

Strawberries
Reg. $2.99 ea
Special Only Feb 3, 4, 5
1.99 ea

Seafood / Meat

Black Tiger Shrimp
Reg. $3.99 ea
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4 sports

Alfie deserved his moment

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONEWS.CA

The Rangers' Marian Gaborik may have earned MVP honours in the all-star game, but if you polled Senators fans and many visiting media members, Daniel Alfredsson was the man of the weekend.

One out-of-town colleague witnessed what we have known for years about the league's longest-serving captain: His bountiful grace. Alfredsson, who was in high demand, being pulled from one venue to another, stopped to accommodate an unscheduled interview that caused him to be 10 minutes tardy for his next appearance.

There were more than a few rumblings made in other NHL cities that the 39-year-old did not deserve to be in this season's star-studded event, let alone be a starter. By the numbers, "Alfie" is having a decent campaign with 17 goals and 39 points in 47 games. However, Sens fans did not vote for their hero based on current stats. They voted in droves due to his career accomplishments — 406 goals, 1,062 points in 1,103 games, all with the home team — and for his tireless charity work in the community over the past 16 years.

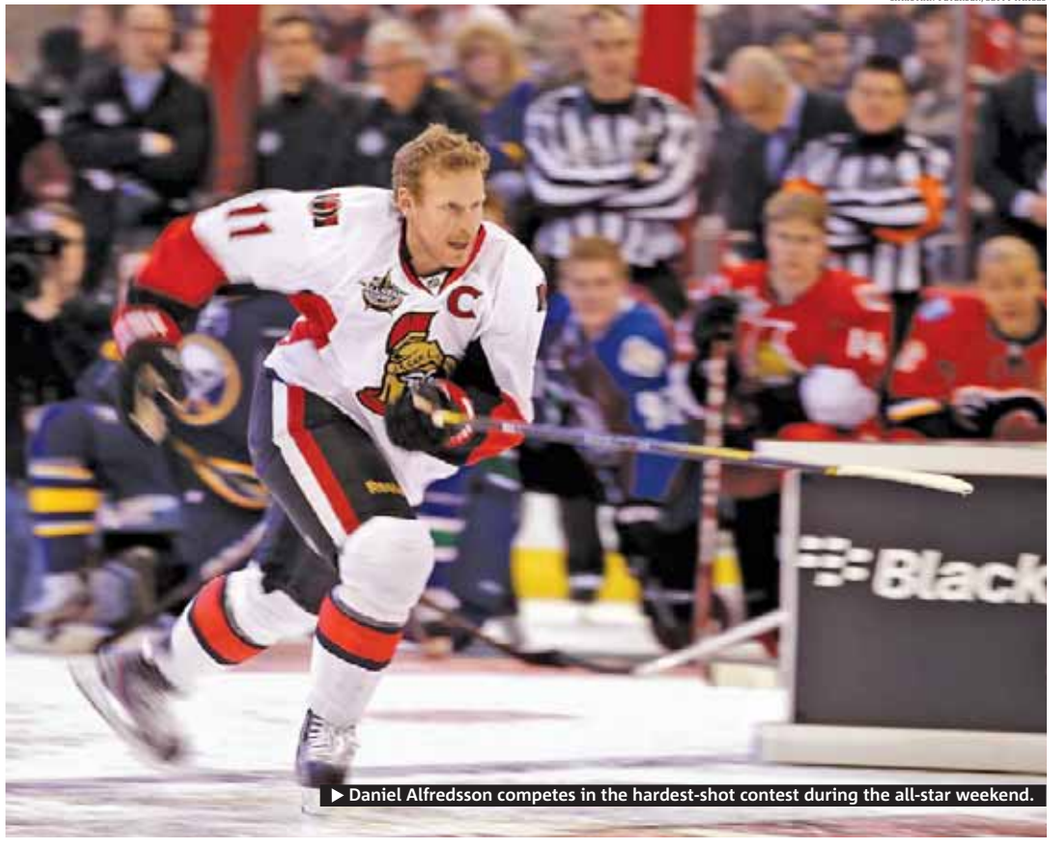
Shut down last season after 55 games, the native of Gothenburg, Sweden, entered 2011-12 with some trepidation, not knowing how he would perform following back surgery the previous June. Retirement was in his thoughts. Now, an end to Alfredsson's career at the completion of this season is probably a 50-50 proposition. A devoted family man whose four boys are often seen having a blast in the halls of Scotiabank Place, Alfredsson will undoubtedly have a summertime conversation with his wife, Bibi, to decide on their future.

That decision may hinge on what happens this spring. The sixth-round steal in the 1994 draft is feeling rejuvenated and a playoff position is a very real possibility. If the Sens can secure 36 points in their final 29 games, they'll very likely guarantee themselves a post-season berth. And if this love-in of a season continues with warm-and-fuzzy feelings, you get the sense we'll see the familiar No. 11 patrolling the right wing in 2012-13.

After that, who knows? A management position likely awaits Alfredsson once he's done on the ice.

"I am sure that I would love to try it," he said. "At what level and at what position, I don't know."

CHRISTIAN PETERSEN/GETTY IMAGES



▶ Daniel Alfredsson competes in the hardest-shot contest during the all-star weekend.

Quoted

"I presented Pacquiao with the fight. Pacquiao is blowing a lot of smoke. ... He doesn't really want to fight."

FLOYD MAYWEATHER JR., WHO WILL FIGHT MIGUEL COTTO ON MAY 5 AT LAS VEGAS' MGM GRAND GARDEN AFTER NEVADA'S ATHLETIC COMMISSIONERS GRANTED HIM A CONDITIONAL LICENSE FOR ONE FIGHT BEFORE HE GOES TO JAIL IN JUNE. MAYWEATHER CHOSE COTTO AS HIS NEXT OPPONENT ONLY AFTER FAILING TO LAND A DATE WITH PACQUIAO, THE SUPERSTAR FILIPINO CONGRESSMAN.

Scan code for more sports.

Brewers outfielder takes to the ice with Sharks

On his fourth attempt during a hockey breakaway drill, Nyjer Morgan shot the puck past Sharks goalie Thomas Greiss to score in the bottom right corner of the net. Greiss did the Milwaukee Brewers outfielder a favour and let it go in, with Morgan later thanking him with a firm pat to the chest pad.

A giddy Morgan cheered, thrust his stick in the air and became a bit wobbly on the ice before recovering.

When asked about it after his outing Wednesday, he became defensive.

"But how many athletes do you know who can just jump on the ice and do what I just did? Exactly," Morgan said. "Pretty cool, huh? It's been many moons, it's been a lot of years, yeah. And I've still got it, you see that?"

At last, the diehard San Jose fan and former hockey player got the chance to practise with the team he loves.

"Tony Plush," as he refers to himself, stepped out for the first time 36 minutes into the hour-long session sporting a Sharks jersey with "Plush" on back.

Morgan's first three shots on goal were easily stopped by Greiss, who eased up on the last attempt.

"He just came down with a nice shot and put it in," Greiss said. "He skates really well. He's said he likes to get on his skates and have fun. You could see that." THE ASSOCIATED PRESS

First love

Morgan grew up playing hockey and appeared in seven games with the Regina Pats.

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Nyjer Morgan, right, shakes hands with former San Jose Sharks player Mike Ricci.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	48	31	12	1	4	135	100	67	15-5-0-2	16-7-1-2	6-3-0-1	L1
d-Boston	48	32	14	1	1	175	105	66	17-7-1-1	15-7-0-0	6-3-1-0	W1
d-Washington	49	26	19	2	2	139	141	56	18-6-0-1	8-13-2-1	5-3-2-0	L1
Philadelphia	49	29	14	2	4	163	144	64	11-7-1-3	18-7-1-1	5-3-0-2	L1
Pittsburgh	50	29	17	2	2	157	131	62	15-7-2-0	14-10-0-2	8-2-0-0	W8
Ottawa	53	27	20	4	2	160	164	60	14-9-0-1	13-11-4-1	5-5-0-0	L4
New Jersey	49	27	19	1	2	133	139	57	13-9-0-2	14-10-1-0	5-4-0-1	W1
Toronto	50	25	19	3	3	155	152	56	14-8-2-2	11-11-1-1	5-4-0-1	L1
Florida	48	22	15	5	6	122	136	55	11-5-1-6	11-10-4-0	3-3-2-2	L1
Winnipeg	51	23	22	3	3	126	144	52	15-8-0-2	8-14-3-1	3-6-0-1	W1
Tampa Bay	49	22	23	1	3	140	168	48	14-7-0-1	8-16-1-2	5-4-0-1	W5
NY Islanders	49	20	22	5	2	120	145	47	11-11-4-0	9-11-1-2	6-3-1-0	W1
Buffalo	50	21	24	3	2	122	150	47	11-9-3-2	10-15-0-0	3-6-1-0	W2
Montreal	50	19	22	2	7	131	137	47	9-10-2-4	10-12-0-2	5-3-0-2	L1
Carolina	52	18	25	5	4	132	164	45	13-12-0-3	5-13-5-1	4-4-1-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	51	34	16	1	0	163	118	69	20-2-1-0	14-14-0-0	8-2-0-0	W1
d-Vancouver	50	31	15	0	4	161	124	66	15-6-0-3	16-9-0-1	7-2-0-1	W3
d-San Jose	48	28	14	3	3	137	110	62	16-8-2-0	12-6-1-3	5-3-1-2	W2
Nashville	51	31	16	3	1	145	131	66	16-7-2-1	15-9-1-0	9-1-0-0	W5
St. Louis	49	29	13	1	6	124	102	65	21-3-1-3	8-10-0-3	7-1-1-1	L2
Chicago	51	29	15	4	3	164	147	65	19-6-1-3	10-9-3-0	5-2-3-0	L3
Los Angeles	50	24	16	4	6	111	111	58	14-11-0-4	10-5-4-2	5-2-1-2	W1
Minnesota	50	24	19	2	5	119	131	55	13-7-1-2	11-12-1-3	3-6-0-1	L1
Colorado	52	26	24	2	0	133	147	54	14-12-0-0	12-12-2-0	3-6-1-0	L3
Dallas	48	25	21	0	2	126	136	52	14-9-0-2	11-12-0-0	4-5-0-1	W1
Calgary	51	23	22	3	3	121	140	52	13-8-1-1	10-14-2-2	5-4-0-1	L2
Phoenix	51	22	21	3	5	131	138	52	10-10-2-2	12-11-1-3	3-5-0-2	L1
Anaheim	49	19	23	3	4	128	145	45	13-12-1-0	6-11-2-4	8-1-1-0	W1
Edmonton	50	19	26	1	4	125	144	43	13-8-1-2	6-18-0-2	3-5-1-1	W1
Columbus	50	13	31	1	5	115	169	32	8-13-1-2	5-18-0-3	2-7-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Pittsburgh at Toronto
N.Y. Rangers at Buffalo
Washington at Florida
Dallas at Anaheim
Columbus at Los Angeles
Tuesday's results
Edmonton 3 Colorado 2
Vancouver 3 Chicago 2 (OT)
Winnipeg 2 Philadelphia 1 (SO)
Boston 4 Ottawa 3
Buffalo 3 Montreal 1
Detroit 3 Calgary 1
Pittsburgh 5 Toronto 4 (SO)
Anaheim 4 Phoenix 1
Nashville 5 Minnesota 4
New Jersey 4 N.Y. Rangers 3 (SO)
N.Y. Islanders 5 Carolina 2
San Jose 6 Columbus 0
Tampa Bay 4 Washington 3 (OT)
Tonight's games — All Times Eastern
Carolina at Boston, 7 p.m.
Montreal at New Jersey, 7 p.m.
Nashville at Philadelphia, 7 p.m.
Winnipeg at Tampa Bay, 7:30 p.m.
Minnesota at Colorado, 9 p.m.
Chicago at Edmonton, 9:30 p.m.
Detroit at Vancouver, 10 p.m.
Dallas at San Jose, 10:30 p.m.
Tomorrow's games
N.Y. Islanders at Ottawa, 7:30 p.m.
Winnipeg at Florida, 7:30 p.m.
Los Angeles at St. Louis, 8 p.m.
Chicago at Calgary, 9 p.m.
Columbus at Anaheim, 10 p.m.

LATE TUESDAY

RED WINGS 3, FLAMES 1

First Period
1. Detroit, Emmerton 5 (Abdelkader, Mursak) 5:57
Penalties — Bertuzzi Det (tripping) 6:41, Brodie Cal (slashing) 10:26, Commodore Det, Jackman Cal (fighting) 15:51.
Second Period
2. Calgary, Cammalleri 11 (Tanguay, Jokinen) 1:59 (pp)
Penalties — Bertuzzi Det (interference) 0:34, Jokinen Cal (hooking) 5:42, Stuart Det (interference), Tanguay Cal (slashing) 10:33.
Third Period
3. Detroit, Hudler 16 (Filppula) 11:29
4. Detroit, Miller 8 (Cleary, Helm) 15:58
Penalties — Abdelkader Det, Kostopoulos Cal (roughing) 12:56, Giordano Cal (interference) 13:36.
Shots on goal by

Detroit	11	4	10	— 25
Calgary	7	12	11	— 30

Goal — Detroit: Howard (W,31-11-1); Calgary: Kiprusoff (L,22-17-3). **Power plays (goals-chances)** — Detroit: 0-3; Calgary: 1-2.
Attendance — 19,289 (19,289) at Calgary.

OILERS 3, AVALANCHE 2

First Period
1. Edmonton, Eberle 19 (Gagner, Cornet) 4:59
2. Edmonton, Belanger 2 (Whitney, Jones) 17:37 (pp)
Penalties — Eager Edm (holding) 6:10, Galiardi Col (double high-sticking) 15:47.
Second Period
3. Colorado, Mueller 4 (Kobasew, Stastny) 1:16
Penalty — Eberle Edm (slashing) 17:01.
Third Period
4. Edmonton, Hall 17 (Hemsky, Horcoff) 6:01
5. Colorado, Landeskog 11 (Hejduk, O'Reilly) 10:14
Penalties — None.
Shots on goal by

Colorado	6	12	15	— 33
Edmonton	11	8	4	— 23

Goal — Colorado: Varlamov (L,14-16-1); Edmonton: Dubnyk (W,8-11-1). **Power plays (goals-chances)** — Colorado: 0-2; Edmonton: 1-2.
Attendance — 16,839 (16,839) at Edmonton.

CANUCKS 3, BLACKHAWKS 2 (OT)

First Period
1. Vancouver, Kesler 14 (Edler) 7:58
2. Chicago, Mayers 4 (Montador, Seabrook) 11:11
Penalty — Ballard Vcr (clipping) 3:30.
Second Period — No Scoring.
Penalties — None.
Third Period
3. Chicago, Stalberg 15 (Kane, Toews) 1:17
4. Vancouver, Hodgson 14 (Hansen, Hamhuis) 4:08
Penalty — Burrows Vcr (boarding) 14:31.
Overtime
5. Vancouver, D.Sedin 22 (H.Sedin, Edler) 3:37
Penalties — None.
Shots on goal by

Chicago	9	15	12	3—39
Vancouver	12	6	10	5—33

Goal — Chicago: Crawford (L,18-12-5); Vancouver: Schneider (W,11-5-0). **Power plays (goals-chances)** — Chicago: 0-2; Vancouver: 0-0.
Attendance — 18,860 (18,860) at Vancouver.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	27	32	59
Giroux, Pha	18	37	55
Stamkos, TB	33	21	54
Tavares, NYI	22	31	53
Ma.Hossa, Chi	20	33	53
Datsyuk, Det	14	39	53
H.Sedin, Vcr	11	42	53
D.Sedin, Vcr	22	30	52
Lupul, Tor	20	32	52
Toews, Chi	27	24	51
Kessel, Tor	26	25	51
Spezza, Ott	20	30	50
Neal, Pgh	27	21	48
Karlsson, Ott	8	40	48
Elias, NJ	18	29	47
Pominville, Buf	17	30	47
Moulson, NYI	23	23	46
Eberle, Edm	19	27	46
Selanne, Ana	16	30	46
St. Louis, TB	13	32	45
Parenteau, NYI	11	34	45
Hartnell, Pha	25	19	44
Eriksson, Dal	17	27	44
Kopitar, LA	15	29	44
Seguin, Bos	19	24	43
Versteeg, Fla	19	24	43
Ra.Whitney, Phx	16	27	43
P.Bergeron, Bos	15	28	43
Backstrom, Wash	13	29	42
Benn, Dal	13	29	42
P.Kane, Chi	11	31	42
Gaborik, NYR	25	16	41
Kovalchuk, NJ	20	21	41
Franzen, Det	19	22	41
Vanek, Buf	19	22	41
Parise, NJ	16	25	41
Thornton, SJ	10	31	41
Vrbata, Phx	23	17	40
Sharp, Chi	20	20	40
Lecavalier, TB	19	21	40
Filppula, Det	15	25	40
Perry, Ana	22	17	39
Ovechkin, Wash	20	19	39
Cole, Mtl	19	20	39
Iginla, Cal	18	21	39

Not including last night's games

NFL

SUPER BOWL

Sunday's game
At Indianapolis — All Times Eastern
New England vs. N.Y. Giants, 6:20 p.m.
RECENT SUPER BOWL RESULTS
2011—Green Bay 31 Pittsburgh 25
2010— New Orleans 31 Indianapolis 17
2009—Pittsburgh 27 Arizona 23
2008—N.Y. Giants 17 New England 14
2007— Indianapolis 29 Chicago 17

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	23	17	3	3	60	19	54
Manchester Utd	23	17	3	3	56	21	54
Tottenham	23	15	4	4	44	25	49
Chelsea	23	12	6	5	41	26	42
Newcastle	23	11	6	6	34	30	39
Liverpool	23	10	8	5	28	21	38
Arsenal	23	11	4	8	39	33	37
Sunderland	23	8	6	9	32	24	30
Stoke	23	8	6	9	23	35	30
Everton	23	8	5	10	23	26	29
Norwich	23	7	8	8	32	39	29
Aston Villa	23	6	10	7	28	31	28
Fulham	23	6	9	8	29	32	27
Swansea	23	6	9	8	24	28	27
West Bromwich	23	7	5	11	23	32	26
QPR	23	5	6	12	24	39	21
Bolton	23	6	2	15	28	47	20
Blackburn	23	4	6	13	33	47	18
Wolverhampton	23	4	6	13	25	43	18
Wigan	23	3	6	14	20	48	15

Yesterday's results
Aston Villa 2 Queens Park Rangers 2
Blackburn 0 Newcastle 2
Bolton 0 Arsenal 0
Fulham 1 West Bromwich Albion 1
Sunderland 3 Norwich 0

AFRICAN CUP OF NATIONS

FIRST ROUND

GROUP D
Yesterday's results
At Libreville, Gabon
Mali 2 Botswana 1
At Franceville, Gabon
Ghana 1 Guinea 1

FRANCE

LEAGUE CUP

SEMIFINALS
Yesterday's result
Marseille 2 Nice 1

ITALY

SERIE A

Yesterday's results
Cagliari 4 Roma 2
Inter Milan 4 Palermo 4
Lazio 2 AC Milan 0
Napoli 0 Cesena 0
Udinese 2 Lecce 1
Catania at Siena (ppd., snow)
Fiorentina at Bologna (ppd., snow)
Genoa at Atalanta (ppd., snow)

SPAIN

COPA DEL REY

SEMIFINALS — FIRST LEG
Yesterday's result
Valencia 1 Barcelona 1

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	16	5	.762	1/2
d-Chicago	18	6	.750	—
d-Philadelphia	16	6	.727	1
Atlanta	16	6	.727	1
Indiana	14	6	.700	2
Orlando	12	9	.571	4 1/2
Boston	10	10	.500	6
Milwaukee	9	11	.450	7
Cleveland	8	12	.400	8
New York	8	13	.381	8 1/2
New Jersey	7	15	.318	10
Toronto	7	15	.318	10
Washington	4	17	.190	12 1/2
Detroit	4	19	.174	13 1/2
Charlotte	3	19	.136	14

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	16	4	.800	—
d-L.A. Clippers	12	6	.667	3
Denver	14	7	.667	2 1/2
d-Dallas	14	8	.636	3
Utah	12	7	.632	3 1/2
L.A. Lakers	13	9	.591	4
San Antonio	13	9	.591	4
Houston	12	9	.571	4 1/2
Portland	12	9	.571	4 1/2
Memphis	11	10	.524	5 1/2
Minnesota	10	11	.476	6 1/2
Golden State	7	12	.368	8 1/2
Phoenix	7	13	.350	9
Sacramento	6	15	.286	10 1/2
New Orleans	4	17	.190	12 1/2

d — division leaders ranked in top four positions regardless of record.

Last night's results
Philadelphia 98 Chicago 82
Washington at Orlando
Toronto at Boston
Detroit at New Jersey
Oklahoma City at Dallas
Phoenix at New Orleans
Indiana at Minnesota
Miami at Milwaukee
Houston at San Antonio
Charlotte at Portland
L.A. Clippers at Utah
Tuesday's results
Atlanta 100 Toronto 77
Boston 93 Cleveland 90
Golden State 93 Sacramento 90
Indiana 106 New Jersey 99
L.A. Lakers 106 Charlotte 73
Memphis 100 Denver 97 (OT)
New York 113 Detroit 86
Tonight's games — All times Eastern
Memphis at Atlanta, 7:30 p.m.
Chicago at New York, 8 p.m.
New Orleans at San Antonio, 8:30 p.m.
Portland at Sacramento, 10 p.m.
Utah at Golden State, 10:30 p.m.
Denver at L.A. Clippers, 10:30 p.m.

NBL

Last night's results
Oshawa 90 Summerside 67
Saint John 90 Moncton 80
Tonight's game
All Times Eastern
Summerside at London, 7 p.m.
Tomorrow's game
Halifax at Quebec, 7:30 p.m.
Sunday's game
Oshawa at London, 2 p.m.

TENNIS

ATP PBZ ZAGREB INDOORS

At Zagreb, Croatia
Singles — First Round
Ivan Dodig (4), Croatia, def. Marsel Ilhan, Turkey, 7-6 (5), 7-5.
Grega Zemlja, Slovenia, def. Antonio Veic, Croatia, 7-6 (5), 7-6 (6).
Dudi Sela, Israel, def. Andreas Beck, Germany, 3-6, 6-3, 6-2.
Guillermo Garcia-Lopez, Spain, def. Daviel Evans, Britain, 6-4, 1-6, 6-1.
Second Round
Michael Berrer, Germany, def. Ivan Ljubicic (1), Croatia, 6-4, 6-4.
Jurgen Melzer, Austria, def. Andreas Seppi (5), Italy, 6-2, 6-3.
Robin Haase (7), Netherlands, def. Matthias Bachinger, Germany, 7-6 (4), 3-6, 6-3.
Doubles — Quarter-finals
Ivo Karlovic, Croatia, and Frank Moser, Germany, def. Marin Draganja and Franco Skugor, Croatia, 6-3, 6-2.

ATP OPEN SUD DE FRANCE

At Montpellier, France
Singles — Second Round
Gilles Simon (2), France, def. Flavio Cipolla, Italy, 6-3, 6-2.
Richard Gasquet (4), France, def. Nikolay Davydenko, Russia, 6-3, 6-4.
Guillaume Rufin, France, def. Feliciano Lopez (5), Spain, 7-6 (5), 6-3.
Philipp Kohlschreiber (7), Germany, def. Edouard Roger-Vasselin, France, 6-4, 7-5.
Doubles — First Round
Colin Fleming and Ross Hutchins (1), Britain, def. Simone Bolelli, Italy, and Albert Ramos, Spain, 6-1, 6-2.
Dustin Brown, Germany, and Lovro Zovko, Croatia, def. Frantisek Cermak and Lukas Dlouhy (2), Czech Republic, 7-6 (5), 6-7 (4), 11-9 (tiebreak).
Treat Conrad Huey, Philippines, and Ken Skupski, Britain, def. Philipp Marx, Germany, and **Adil Shamasdin (4), Pickering, Ont.**, 7-6 (5), 6-1.
Olivier Rochus, Belgium, and Igor Zelenay, Slovakia, def. Johan Brunstrom, Sweden, and Jarkko Nieminen, Finland, 6-4, 7-6 (9).

NCAA BASKETBALL

AP MEN'S TOP 25

Last night's results
No. 6 Baylor at Texas A&M
No. 8 Kansas vs. Oklahoma
No. 11 Nevada-Las Vegas vs. Colorado State
No. 13 Creighton vs. Illinois State
No. 14 Georgetown vs. UConn
No. 20 Indiana at No. 23 Michigan
No. 21 Florida State vs. Georgia Tech
No. 17 San Diego State vs. Boise State
Tuesday's results
No. 1 Kentucky 69 Tennessee 44
No. 5 North Carolina 68 Wake Forest 53
Illinois 42 **No. 9** Michigan State 41
No. 15 Marquette 66 Seton Hall 59
No. 16 Virginia 65 Clemson 61
No. 19 Wisconsin 52 Penn State 46
Arkansas 82 **No. 25** Vanderbilt 74
Tonight's games — All Times Eastern
No. 7 Duke at Virginia Tech, 7 p.m.
No. 10 Murray St. vs. Southeast Missouri St., 8 p.m.
No. 12 Florida vs. South Carolina, 9 p.m.
No. 18 Saint Mary's (Calif.) vs. San Diego, 10 p.m.
No. 24 Gonzaga at Brigham Young, 11 p.m.

Giants catch break with three returnees

Bradshaw, Nicks and Williams on field for 1st practice of Super Bowl week

The New York Giants had perfect attendance for their first Super Bowl practice in Indiana.

Running back Ahmad Bradshaw, linebacker Jacquian Williams and receiver Hakeem Nicks all worked on a limited basis Wednesday at the University of Indianapolis.

"This was a good, spirited, up-tempo practice," coach Tom Coughlin said. "We want to be better tomorrow and build to our best work on Friday."

Bradshaw, who has been restricted to one practice a week with a broken bone in his right foot, was a surprise participant as Coughlin said earlier in the day he would not participate.

Williams injured his right foot against the 49ers. Nicks also hurt a shoulder in the NFC title game.

Defensive end Osi Umenyiora (ankle/knee) and cornerback Corey Webster (hamstring) also were limited.

It seemed the Giants were eager to get back out on the field. They were boisterous after the pre-practice stretch and ran from drill to drill.

"I saw that," said Coughlin. "They've been excited about getting back to work for the first time in a few days."

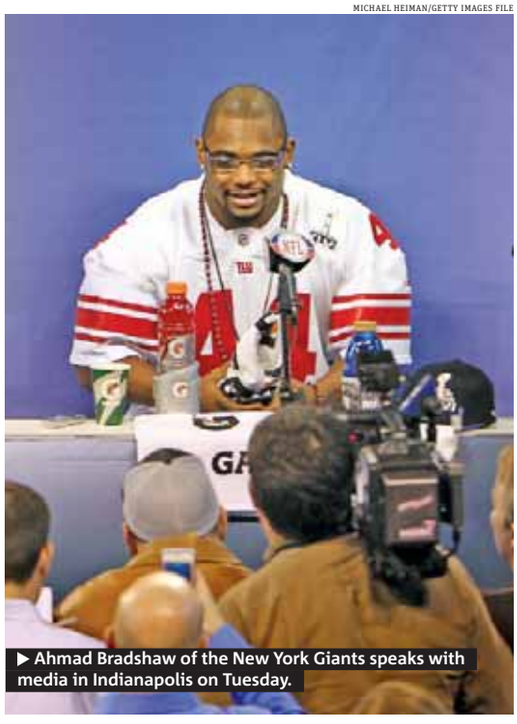
THE ASSOCIATED PRESS

Super Bowl notes

Rob Gronkowski, still sidelined by a high left-ankle sprain, hasn't practised with the New England Patriots this week.

- "He's day to day," coach Bill Belichick said after Wednesday's practice.
- New York Giants defensive end Osi Umenyiora was fined $20,000 US by the NFL for missing a mandatory media session Wednesday.
- U.S. Homeland Security Security Secretary Janet Napolitano joined NFL officials in warning that security for Sunday's game would be significantly heightened, though she cautioned there have been no credible threats as of Wednesday.

MICHAEL HEIMAN/GETTY IMAGES FILE



▶ Ahmad Bradshaw of the New York Giants speaks with media in Indianapolis on Tuesday.

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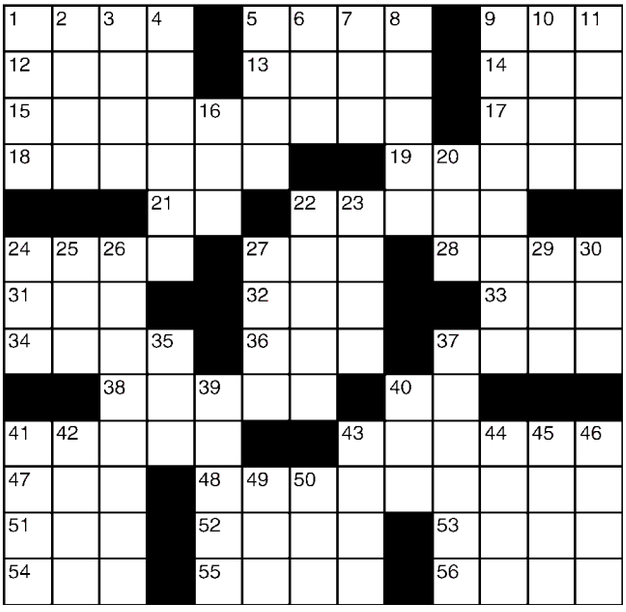
Crossword



Across
1 Close
5 Sidewalk eatery
9 Eccentric
12 Volcanic outflow
13 "Caro nome" is one
14 Ultra-modernist
15 Comic's specialty
17 Right angle
18 Book after Job
19 iPhone function
21 Chance, for short
22 Hue
24 Presentation
27 Second person
28 Out of control
31 Charged bit
32 Pismire
33 Ram's mate
34 Profound
36 In medias —
37 Seaport of Yemen
38 Exciting
40 Commercial
41 Search for prey
43 Plant life treatises
47 Rowing need
48 Getting the jump on
51 USO audience
52 Trumpet
53 Chinese gang
54 Praise in verse
55 Dumbstruck
56 Remain

Down
1 Feed the hogs
2 — Christian Andersen
3 Eye layer
4 Candle fat
5 Trash containers
6 "All the Things You —"
7 Evergreen type
8 Supporter of the arts?
9 — bandit (slot machine)
10 Sandwich shop
11 Action figure, really
16 Mischievous kid
20 Kiwi's extinct cousin
22 — Island
23 Inning trio
24 Rocker Vicious
25 Weeding tool
26 Small town description
27 Play area
29 Have bills
30 Barbie's companion
35 Parishioner's seat
37 Takes as one's own
39 Island greeting
40 Matterhorn, for one
41 Comic strip possum
42 Incursion
43 Money supply
44 Laugh-a-minute
45 "— Karenina"
46 Like custard or quiche
49 Present
50 Before

▶ Yesterday's answer

P	U	P	A		S	A	W		A	R	A	M
I	R	I	S		C	I	A		P	E	R	U
E	G	G	H	E	A	D	S		O	D	E	S
R	E	S	E	L	L		P	A	S	H	A	S
		S	U	P		S	I	T	E			
A	D	A		L	E	O		L	L	A	M	A
S	N	I	P		D	A	M		E	D	A	M
P	A	R	I	S		K	I	M		S	O	P
		H	A	I	R		N	I	L			
S	I	E	N	N	A		A	N	E	M	I	A
A	C	A	I		J	A	R	H	E	A	D	S
R	O	D	S		I	C	E		K	Y	L	E
I	N	S	T		V	E	T		S	O	Y	A

Sudoku

	5		1		8		2	
	1	6	3		4	7	9	
6			2		3			5
		4	8		5	3		
5			9		1			7
	7	9	4		6	1	5	
	3		7		2		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	1	8	2	4	5	7	9	3
5	2	7	3	9	8	4	1	6
4	9	3	1	7	6	8	2	5
2	3	5	4	8	1	9	6	7
1	7	4	6	2	9	5	3	8
8	6	9	5	3	7	2	4	1
3	4	6	8	5	2	1	7	9
9	5	2	7	1	3	6	8	4
7	8	1	9	6	4	3	5	2

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You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

K T,
I never believed in soulmates until I looked into your eyes. The way you have touched my life there can be no one else. Please find your way back to me.
A S

The Muscle Man,
You stimulate me with your metal wires and I send you my M-wave. Oh what an image your sweet arteries have left on my heart. Come and get another balloon?
KINETICALLY YOURS, OXYGEN

Mushroommelt,
Your mushroomness brightens my day, and there isn't enough mushroom melts to make the world go round in my opinion! I miss bussing to school with you and head bobbing on the way home, change your school schedule so mushroom and tuna melts can rule the world again. P.S check your sugars. **TUNAMELT**

Today -4°/-12° Variable
Friday -1°/-10° Flurries 40%
Know what the weather will be 14 days from now. Check the 14 day trend.
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
No matter how difficult a situation may be, you are smart enough to find a solution and apply it.

♉ Taurus April 21-May 21
Some of the things a loved one says may annoy you today but there is no point getting annoyed.

♊ Gemini May 22-June 21
Wherever you've been held back in recent weeks is where you'll make progress over the next few days.

♋ Cancer June 22-July 22 If you make an effort to look beyond everyday issues, you will discover something that has the potential to transform your life.

♌ Leo July 23-Aug.23
The best way to deal with changing circumstances is to adapt yourself. Try moving with the times.

♍ Virgo Aug. 24- Sept. 22
Someone will come to your aid today. Don't turn down his or her offer of assistance just because you don't want to look weak.

♎ Libra Sept. 23-Oct. 23
The planets indicate it will be to your benefit to try to see yourself as others see you today.

♏ Scorpio Oct. 24-Nov. 22
Fate is about to give you an opportunity to prove yourself and if you are smart, you will take advantage.

♐ Sagittarius Nov. 23-Dec. 21 Don't let people who don't know what they are talking about rub you up the wrong way.

♑ Capricorn Dec. 22-Jan. 20
You like to check and double check before making a move. Be true to your nature today.

♒ Aquarius Jan. 21-Feb. 18
With Neptune, planet of illusion, about to move into the main financial area of your chart, it's not the time to be taking risks with money.

♓ Pisces Feb. 19-March 20
Don't take too much for granted today. Stay alert if you want to stay on your feet. **SALLY BROMPTON**

Caption contest

NORBERT MILLAUER/THE ASSOCIATED PRESS

CODY DUTY, HOUSTON CHRONICLE/ THE AP

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STK: 100696

2006 CHEVROLET COBALT SS

$6,995
$69.95 BI-WEEKLY
Bi-weekly payments based upon 4.99% over 72 months
STK: 795971

2005 HONDA CIVIC

$6,995
$69.95 BI-WEEKLY
Bi-weekly payments based upon 4.99% over 72 months
STK: 800715

2006 TOYOTA YARIS

$5,995
$59.95 BI-WEEKLY
Bi-weekly payments based upon 4.99% over 72 months
STK: 125585

2006 FORD FREESTAR

$5,995
$59.95 BI-WEEKLY
Bi-weekly payments based upon 4.99% over 72 months
STK: a29089

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WESTENDAUTOMOTIVE.COM

Applicant must qualify for 6 months, No payments based on accepted credit from lender. monthly interest applies starting at 4.99% variable. Interest rates range from 4.99% to 29.9% OAC. Financing example: $9,995 at 60 months at 4.99% cost of borrowing is $1,649.95 equals $99 bi-weekly for total obligation of $12,988.30 OAC. Down payment may be required. All prices subject to applicable tax.